



Tea and twirls at Vicky Park

Over-55s get their groove
on at annual tea dance

SEE PAGE 5



Food, glorious food festival

Tasty treats and celebrity
bakers on Brick Lane

SEE PAGE 9



A good time had by ball

Speaker's event raises money
for his two chosen charities

SEE PAGES 16 & 17

ISSUE 1089 7 - 13 DECEMBER 2015

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Gold bars seized in Whitechapel raids

BY STEFAN SWIFT

GOLD bullion, £200,000 in cash and large amounts of illicit tobacco were seized from five Whitechapel businesses last month.

The gold bars, worth £23,000, the cash and tobacco were removed during raids by the council's trading standards team

and the police on Thursday, November 26. False identification documents were also found, while further illegal tobacco products were seized from another shop and a nearby office.

Seven people were arrested in the raids, which were the result of three months of planning, led by the trading standards team.

Council-funded Partnership Task Force (PTF) Metropolitan Police officers worked with them to carry out the raids.

Mayor John Biggs said: "Tower Hamlets trading standards officers work closely with the police and our community to keep our streets and residents safe.

"Last week's haul shows the success of our partnerships and sends a clear message that illegal practices which undermine legitimate business and fund crime will be found out and will not be tolerated."

Cllr Shiria Khatun, deputy mayor and cabinet member for community safety, said: "Actions have consequences

and this huge haul highlights our zero tolerance approach to illegal activity in the borough.

"The borough's trading standards team and the Metropolitan Police should be congratulated for working together to achieve this great success."

If you think an individual or a business in the borough is engaged in fraudulent activity, you can report it anonymously to the council's consumer and business regulations service on 7364 5008 or via email trading_standards@towerhamlets.gov.uk

THE PIES HAVE IT



Lyden Jones tried his luck at a mince pie-eating competition at Chrisp Street market on Friday, November 27. The manic munching was part of Christmas, a festive celebration organised by housing association Poplar Harca. See page 3 for the full story.



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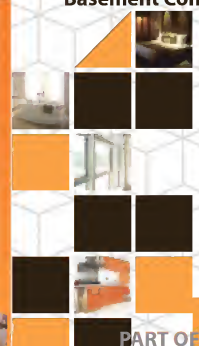
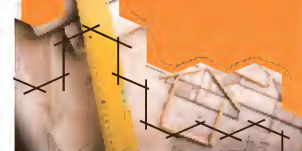
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Music Matters

THAMES has been awarded £1,250 from the John Lewis scheme, which supports music in local communities.



Talented young musicians

The Saturday Music Centre is open to Tower Hamlets musicians aged 7-18 who are already playing an instrument or sing. Almost 200 young musicians attend each week.

CALL 7364 0431 OR EMAIL MUSIC.SERVICE@TOWERHAMLETS.GOV.UK

News

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BY STEFAN SWIFT

A PARENTS' association for the borough's Saturday Music Centre has received a record-breaking donation from the John Lewis Music Matters Scheme.

The Friends of Tower Hamlets Music Service (THAMES) has been awarded £1,250 to part-fund a residential trip for young musicians. It is the largest single donation in the history of the John Lewis scheme, which supports music in local communities.

THAMES is the borough's arts and music service, working with schools and groups, providing educational activities and projects for young people up to the age of 18.

Students in the THAMES



Youth Orchestra travelled to Leiston Abbey in Suffolk, where they played alongside the Orchestra of the Age of Enlightenment in various concerts and settings.

Representatives from John

Lewis attended the Saturday Music Centre (pictured above), run by THAMES, to present the cheque.

The Saturday Music Centre is open to musicians aged 7-18 who are already playing an

instrument or sing. Almost 200 attend each week.

For more details, call 7364 0431, email music.service@towerhamlets.gov.uk or go to <http://webfronter.com/towerhamlets/thames/>



TALENTED young musicians, nominated for special award lessons funded by THAMES and the Mayor's Music Fund, joined together for a day of music making at Mile End Ecology Pavillion. The THAMES Award Orchestra, made up of the key stage 2 pupils, played Tourdion, Toy Symphony and Dr Who. The orchestra is rehearsing for the THAMES Celebration Concert, which will be held at The Barbican on July 11, 2016.

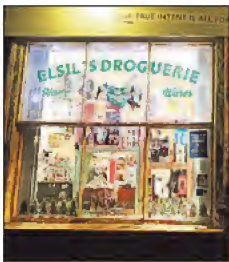


MORE than 150 young singers enjoyed a vocal day run by THAMES in partnership with Ex Cathedra. Students came from Manorfield, Malmesbury, Stewart Headlam, Halley and Old Palace primary schools to learn new songs. The key stage two singers will take part in the THAMES ten-year anniversary celebration concert in July 2016, performing songs from well-known musicals.

Inside this week's issue

Christmas lights.....	3	Speaker's charity ball.....	16 & 17
Schools news.....	6	Council information.....	18 & 19
Useful information.....	8	Out & About Guide.....	20 & 21
History.....	13	Eating out, eating in.....	23
Harmony.....	14 & 15	Sport.....	30-32





Christmas shopping guide next week

In next week's East End Life, take a festive stroll around local shops with **Graham Barker** and take a look at independent traders in Columbia Road.



Festive fun

Christmas continues in Poplar on Saturday, December 12.

SEE BELOW

News



MAYOR John Biggs turned on the Christmas lights at Columbia Road on Wednesday, December 2. He joined locals and traders to celebrate the first Christmas Wednesday, which will see the area's 50 independent boutiques, cafés and restaurants open their doors from 5-9pm every Wednesday between now and the big day. The event was serenaded by a Christmas choir from St Peter's Church and animals from Spitalfields City Farm added to an authentic nativity scene. Visit www.columbiaroad.info for further information.

The fun's just beginning at Chrisp Street

AN afternoon of entertainment and mince pie munching marked the start of Christmas festivities at Chrisp Street Market in Poplar.

Choirs from Lansbury Lawrence, Manorfield, St Saviours C of E, Bygrove and Mayflower primary schools provided the soundtrack for the afternoon. Visitors took part in a mince pie eating competition before Poplar and Limehouse MP Jim Fitzpatrick switched on the Christmas tree lights.

Hot-dogs, mulled wine and hot chocolate were



served and visitors took festive photos at a snow globe selfie station.

Later in the evening, brass band Old Dirty Brasstards got the crowd rocking before dance group Embrace brought the event, on Friday, November 27 to a close. Festivities are set to continue at the market, off East India Dock Road, on Saturday, December 12 from 11am-5pm.

Spitalfields City Farm is giving children the chance to meet donkeys and sheep, and they can also visit Santa and receive a gift in the Christmas forest grotto.

Live music will be played by Box of Toys and small businesses will sell homemade gifts and food.



News in brief Murder charge

A MAN has been charged with murder after a body was found at Bow Creek near East India Dock Road.

Saulius Urbanavicius, 24, a Lithuanian national of no fixed address, was charged on Monday, November 30. He appeared in custody at Thames Magistrates' Court on Tuesday, December 1, charged with the murder of a man – believed to be a 21-year-old Lithuanian national.

Formal identification of the victim has not taken place. Enquiries continue to trace his next of kin.

The murder investigation was launched after police were called at 7.25am on Wednesday, November 25, to reports of a body.

A 42-year-old man, who was also arrested, has been bailed to return in January.

Careers network

SCHOOL leavers who took part in programmes run by Tower Hamlets Education Business Partnership (EBP) are being invited to join an alumni network.

The network, which was launched on December 1, aims to give young people access to benefits such as career information and advice, events, work experience and employment opportunities.

Visit <https://thebp.org/programmes/alumni-network> or contact Louisa Chastney, project manager (alumni and post-16 activities), on Louisa.Chastney@thebp.co.uk or 7655 0356.

Vet landlords to avoid fraud

BY SUSAN MULLIGAN

THE council is urging residents to properly vet potential landlords and letting agents when considering a house move.

Across London, there are an increasing number of cases where landlords and letting agents have fraudulently taken cash deposits for houses and flats where they have not had permission to grant a tenancy right.

People that have been duped into renting a property without real tenancy rights have found they are out of pocket by hundreds of pounds and may face liability when things go wrong.

Tenancies for council housing (managed by Tower Hamlets Homes) and social housing (managed by housing associa-

tions) can only be secured by bidding for properties through the council. Go to www.thhs.org.uk to find out about support for tenancies.

When looking to rent private housing, check:

■ A photocopy of the ID provided by the person granting a tenancy.

■ A copy of the Landlord Mortgage statement which confirms ownership of the property.

■ An Insolvency Individual Voluntary Arrangement (IVA) check. This is free and can be searched online at the Insolvency Service website to see if the person offering a tenancy has accrued significant debts. (www.gov.uk/search-bankruptcy-insolvency-register)

■ A Land Registry check is inexpensive and confirms owners and joint owners,

'charges' on the property (mortgage lenders usually), and restrictive covenants affecting the property.

■ Is the person offering the

tenancy the lawful sole owner of the property?

Cllr David Edgar, cabinet member for resources, said: "It is sad that we live in a society

where fraud may be rife. I would urge residents to make sure their house move goes smoothly by checking that agents or landlords are above board."

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Help for refugees in the borough

The Chinese Association of Tower Hamlets, Ocean Somali Community Association, St Hilda's Community Centre (left) and Heba Women's Project also work with migrants and refugees.

SEE BELOW

Shaping the future

"The Local Plan captures our collective vision for the borough... to ensure it goes from strength to strength."

MAYOR JOHN BIGGS

News

Have your say on plan

THE council is asking residents to shape the future of the borough by commenting on the new Local Plan.

The plan features the scale of housing and business developments over the next ten to 15 years, the number of schools planned, the possibility of new transport infrastructure and the quantity of green spaces.

People who live, work or study in Tower Hamlets can register their interest in sharing their views. Consultation opportunities, online and in person, will open from December 14 and continue for eight weeks.

Register at www.towerhamlets.gov.uk/localplan

For more information, email planmaking@towerhamlets.gov.uk



Residents enjoy a festive boogie at the Victoria Park tea dance. The event, organised by the council's parks team, featured a festive DJ, buffet and Christmas tipples. The dance, which was free, took place at The Hub building.

News in brief

Dance for all ages

INTER-GENERATIONAL arts organisation Magic Me is inviting women over 55 to be part of a new dance project.

Participants will work with students from Mulberry School for Girls to create a performance to celebrate International Women's Day in March.

It begins on Wednesday, January 13 at the school in Commercial Road, Stepney. Call 3222 6064 or email stella.odunlami@magicme.co.uk

Volunteers wanted

A CARE service at St Joseph's Hospice, on the border of Bethnal Green, is seeking volunteers for one to two hours each week, to befriend people who have dementia. New volunteers will attend a two-day training course. Call 8525 3165 or email g.lea-wilson@stjh.org.uk

Extend a helping hand to refugees

BY SUSAN MULLIGAN

THE council is urging residents to consider what support they could offer to refugees, including those from Syria, in response to the humanitarian crisis.

Large numbers of people have undertaken hazardous and lengthy journeys and many have lost their lives, trying to reach a safe haven in Europe.

Mayor John Biggs said: "The plight of desperate refugees fleeing for their lives continues to dominate the news.

"I would urge Tower Hamlets residents to consider supporting a charity that is working to provide safe housing, food or medical supplies to the affected refugees. Many desperately need help and resources to continue their work."

The Prime Minister announced that the UK will resettle 20,000 Syrian refugees by 2020.

Leaders of all political groups



HELP LONDON'S MIGRANTS overcome the barriers they face

in Tower Hamlets have asked the Prime Minister to make sufficient resources available to provide support for refugees without adversely affecting services for existing residents.

The council has an established a New Residents and Refugee Forum (NRRF) to:

- better understand the challenges and issues faced by refugees and migrants;
- hear from local organisations about their experience of engaging with new communi-

ty members in the borough;

- find ways to identify and respond to the needs and vulnerabilities of migrants and refugees.

The forum has:

- given guidance to GP surgeries about migrants and refugees' entitlements to primary healthcare;
- introduced staff who speak a variety of languages to schools;
- ensured that the needs of new communities are considered by clinical commissioning groups;
- made recommendations for changes to the Tower Hamlets Children and Families strategic plan to take account of the needs of new migrant and refugee families.

You can make a donation to a humanitarian organisation or charity that supports refugees.

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Sharing the benefits

"It is vital that opportunities from new development and investment raise standards of living for all residents."

CLLR OLIUR RAHMAN, BELOW

Schools news

Civic centre is the right move

News from council opposition leaders

TOWER Hamlets Independent Group is relieved to learn that, after a six-month review, Mayor John Biggs has come to recognise the value in moving the Town Hall to Whitechapel, which will be a civic centre as agreed by our administration.

While we have always been aware of the financial benefits of locating the council in the historic Royal London Hospital, it was also part of our Whitechapel Vision, which laid out regeneration plans to benefit those who live, work and study there. Now that Mayor Biggs has agreed to the location of the civic centre, we will be maintaining attention to the regeneration of Whitechapel as a continuation of work to improve the area.

This includes local business, 'tech city', expansion of medical research facilities, providing new homes, improving schools, and transforming public spaces while protecting and enhancing local heritage.

There have been rapid changes to the area including the London Overground, the new Royal London Hospital and, of course, the on-going construction of the Crossrail station.



The last ten years have also seen improvements to social and economic conditions in Whitechapel, with great achievements in schools and reduced unemployment.

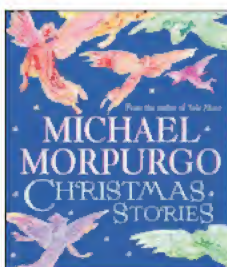
We have proposed a 'local forum' to add value in the implementation phase and hope Mayor Biggs will act on our idea.

It is vital that the council is connected to the people it serves and attention ought to be given to ensuring the public are also a part of the work we do.

Faith and community organisations continue to play an important role in reducing social deprivation in Whitechapel. We will continue to support these organisations and do all we can to encourage Mayor Biggs to address these conditions in his budget.

It is vital that opportunities from development raise standards of living for all residents.

**Cllr Oli Rahman,
Leader of Opposition,
Independent Group**



Books before Christmas

Idea Stores and libraries are encouraging children aged four to 11 to read four or more books by Christmas. Those who complete the challenge will be given a certificate to mark the achievement.

SEE BELOW

Abida's picture graces Boris Christmas card

Nine-year-old's Tower Bridge painting 'captures magical spirit of our city'

BY JESSICA ODUBAYO

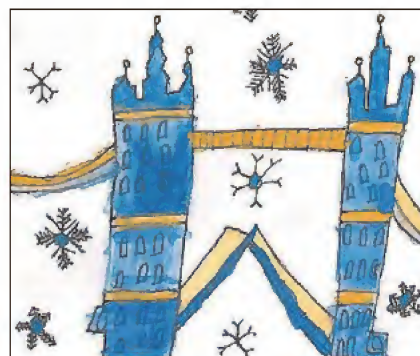
A PICTURE by a Poplar schoolgirl has been selected to be on the front of the Mayor of London's Christmas card.

Nine-year-old Abida, from Lansbury Lawrence Primary School, took part in a London-wide competition to produce a design for the card.

"I am shocked that I won but really happy," she said.

"I feel proud that Boris Johnson, the Mayor of London, chose my design."

Describing her painting of the Tower of London, Abida said: "I used watercolour paint to make the different colours, and



Abida's picture of a snowy Tower Bridge

drew lines and zig-zags to make the snowflakes."

Twenty-five London schools took part in the competition, which attracted more

than 500 entries. A panel of representatives from The Mayor's Fund for London, the Mayor's Music Fund and Team London Young Ambassadors, drew up a shortlist from the entries, which was presented to the mayor's office.

Mayor Johnson said: "Abida's fantastic drawing of a wintery Tower Bridge really captures the magical spirit of our city during the festive season."

"I'm delighted that it will grace the cover of the cards I'm sending out this Christmas.

"I've been hugely impressed by the top talent in this year's competition so big congratulations to Abida and thanks to every young Londoner who took part."

Are you ready for reading challenge?



MAKE sure you get involved in the council's winter reading challenge this December.

Idea Stores and libraries across the borough are encouraging children aged four to 11 to read four or more books in the run-up to Christmas.

Everyone who completes the challenge will be given a certificate in recognition of their achievement.

Children can also meet

Santa himself on December 21 at Idea Store Whitechapel from 2-4pm.

Staff at the Idea Stores have picked out some of their favourite winter books:

■ **How the Grinch Stole Christmas** by Dr Seuss

■ **Christmas Stories** by Michael Morpurgo

■ **Baby's Very First Touchy-Feely Christmas Book** by Stella Baggott

■ **Dear Santa** by Rod Campbell

This year, some 4,000 children in Tower Hamlets took part in the summer reading challenge.

Organisers are hoping that even more will sign up to take part this winter.

Cllr Asma Begum, cabinet member for culture, said: "There is so much evidence to show that out-of-school reading helps expand a child's knowledge, helps them with their school-work, and supports a lifelong love of reading."

Praise for school

CYRIL Jackson Primary in Limehouse has received a letter from the Secretary of State for Education congratulating the school on being outstanding.

Nicky Morgan wrote to headteacher Gillian Kemp, praising the work of staff, pupils and governors in contributing to the school's Ofsted inspection result.

Following an inspection in July this year, the school was ranked outstanding in

leadership and management, quality of teaching, behaviour and safety of pupils, achievement and early years provision.

In her letter, Ms Morgan said: "Cyril Jackson is a great primary school which encourages a sharing of knowledge and experience to help with the training and knowledge of other school leaders."

The secretary of state also thanked staff for improving the life chances of the children who go to the school.

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Nursery Open Day

Is your child starting Nursery in September 2016?

Come and visit our nursery classes and have a tour of our brand-new school.

The dates and times for the open days are as follows:

Tuesday 15 December 2015: 9.00 – 11.00am

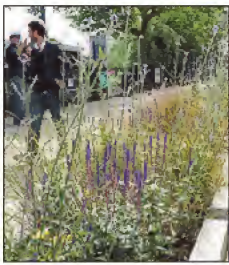
Tuesday 5 January 2016: 9.00 – 11.00am

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Assistant Headteacher for Early Years: Ms Janet Johnston

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JOHN RYAN, CHIEF EXECUTIVE, OXFORD HOUSE

Tackling hunger

Bow Foodbank, at St Mary & Holy Trinity Church on Bow Road, aims to alleviate food poverty in the area.

WWW.BOWFOODBANK.ORG

News

Pocket park is a winning design

A NEW park which has revived a forgotten corner of Bethnal Green has been recognised at this year's Landscape Industry awards.

The pocket park behind Oxford House community centre won in the design for a small scale development category. Derbyshire Street was previously a dead end which attracted anti-social behaviour and fly-tipping.

John Ryan, chief executive of Oxford House, felt that the space could be a more useful site for the local community so he teamed up with landscape architects Greysmith Associates to explore the possibilities.

Funding from the Mayor of London's pocket park initiative was matched by the council – and the area was transformed in June last year.

It now has a cycle lane, seating, green-roof covered bike racks, a rain-garden and space for café tables and chairs.



Mr Ryan, who collected the award on November 26, said: “The council and Greysmith Associates have managed to

achieve technical innovation and true place-making in a finely balanced design that has transformed our immediate

outdoor space, opening up significant new potential for the local area where, previously, none existed.”

News in brief

Festive connection

A THREE-course meal, music and entertainment are among the highlights of a festive feast hosted by a community church in Bow.

The Royal Connections' event, on Saturday, December 12, starts at 4pm at The Hub Studio, 90 Monier Road, off Wick Lane.

Free health and dental checks, and career and debt advice will also be on offer.

For details, call 0300 1111111.

Pick up a bargain

RESIDENTS can search for festive bargains at a fair hosted by Mossbourne Academy, 218 Victoria Park Road, on Saturday, December 12 from 12-3pm.

There will be a food hall, photo booths, jewellery, health and beauty products, arts and crafts, face painting and games.

Dogs lead fight against tobacco

BY STEFAN SWIFT

SNIFFER dogs will join council officers at two roadshows about the perils of buying illegal tobacco products.

Council staff, along with the dogs, police and fire officers, will provide details of local stop smoking services and the health benefits of giving up smoking on December 10 and 11.

They will also be reminding the public how selling tobacco without the necessary health warnings is illegal.

The council's smoke free team will be on hand to answer

questions about new legislation.

The December 10 roadshow will take place from 9am-4pm on Roman Road, near the council's One Stop Shop.

The December 11 show will be held from 9.30am-4pm at Crisp Street Market.

Large quantities of counterfeit tobacco are regularly seized by the council's trading standards team with support from the police and HM Revenue and Customs (HMRC) officers.

They are supported by a team of tobacco-detection dogs, able to sniff out hidden illicit tobacco.

In general, illicit tobacco is

found in at least half of the premises the borough's trading standards officers visit.

Cllr Amy Whitelock Gibbs, cabinet member for health, said: “Cigarettes that are sold illicitly are not properly inspected and do not carry appropriate health warnings.

“These warnings play a vital role in increasing the awareness of the health risks associated with smoking.”

If you think a business is selling counterfeit or smuggled tobacco you can report it anonymously on 7364 5008 or email trading_standards@towerhamlets.gov.uk

Singers to perform in aid of foodbanks

VICTORIA Park Singers will hold their Christmas concert on December 17, in aid of foodbanks in Bow and Hackney.

The concert will feature a jazzy Jamaican number, a Dutch carol, Christmas tunes and violinists Kate Conway and Mallory Hamm.

It takes place at St John at Hackney Church in Lower Clapton Road, E5. The music will start at 7.30pm.

Tickets are £12/£10 on the door, or £10/£8 in advance from www.victoriaparksingers.co.uk or merryandbright.bpt.me

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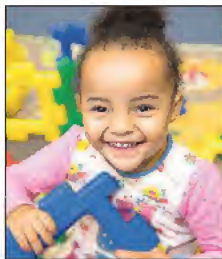
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WWW.TOWERHAMLETS.GOV.UK/DEFAULT.ASPX?PAGE=21225

Useful information



THAMES musicians rehearsing for their Christmas concerts

First Lady invite is an inspiration

News from the council's children's services team

AS always, it's been a busy month for the children's services team.

One of the biggest pieces of news was an extraordinary trip for Mulberry School for Girls.

After Michelle Obama's visit to the school in the summer, to launch her Let Girls Learn initiative, the First Lady invited a group of girls for a return visit to the White House.

It was an amazing experience for those chosen to go.

What I'm most impressed by is how this has really helped the pupils raise their ambitions and inspired them to feel they can do whatever they choose and achieve great things.

What a great opportunity for the girls and recognition for the work of the school internationally.

We are also pointing to the free early education we provide for two-year-olds. Children love to play and learn, and we have excellent nurseries, playgroups and childminders who can help them do just that.

You can find out if your two-year-old is eligible by visiting www.towerhamlets.gov.uk/default.aspx?page=21225

THAMES, the Tower Hamlets Arts and Music Education Service, is putting on some great festive concerts in the run-up to Christmas.

On December 9, they will be performing at Shoreditch Church, from 6.15pm. And on Saturday, December 12, they're doing another show at St Paul's Way Trust School.

THAMES works closely with all schools in the borough to provide regular, quality arts and music education opportunities for our children.

It's a great chance to see the work that they've been doing over the year.

And finally, we're launching some cooking classes for young people with special educational needs and/or disabilities.

The young people who attend our SEND Youth Forums have asked for help to develop more independent life skills – and so cooking came up.

It's great that our newly launched SEND Youth Service is listening to what young people in the borough want and then attempting to provide it for them.

We are all really looking forward to seeing what they cook up!

By Debbie Jones, interim head of children's services.

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannafoord Walk: 8am-8pm, seven days a week, including bank holidays.

Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. fis@towerhamlets.gov.uk 7364 6495

Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues & Fri, 9.30am-3.30pm. 364 6489

LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Free Advice

Benefits, housing, immigration.

Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 55 Upper Bank Street, E14. 7364 3727 or email skillsmatch@towerhamlets.gov.uk

Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or towerhamletsnct@yahoo.com www.nct.org.uk

Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

Careers advice

Tower Hamlets Careers Service

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343

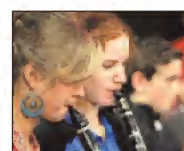


Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

Issue no. Page no.



Music and munchies

As well as celebrity chefs, artisan food producers and international street food merchants, visitors to the Foodies Festival Christmas at the Truman Brewery were entertained by live festive music.

SEE BELOW



Cocoa crazy

A camera made of chocolate from Choco Passion at the festival.

SEE BELOW

News



Richard Burr, 2014 Great British Bake Off finalist, makes a festive Swedish wreath

Tasty treats for Christmas feasts

BY JESSICA ODUBAYO

THE Truman Brewery in Brick Lane was transformed into a culinary winter wonderland, as an array of London's top chefs, artisan food producers and international street food merchants converged under one roof for a food festival.

Chefs and celebrity cooks swapped their aprons for Santa hats as they shared their favourite recipes and top tips to help visitors to Foodies Festival Christmas create the

perfect seasonal banquet.

An artisan Christmas market featured more than 150 producers selling locally produced cheeses, chutneys, chocolates, sauces and jams, biscuits and crackers, cakes and puddings for visitors to sample and buy.

And a vegan area in the Christmas market offered a range of veggie and gluten-free treats for visitors to indulge in, including desserts, street food, bakes, condiments, beers and wines.

Other features of the festival were an outdoor street food courtyard where visitors had

an opportunity to feast on flavours from around the world, a cake theatre, chocolatiers, and Great British Bake Off contestants who hosted demonstrations.

Children enrolled in the Elf Cookery School where they baked snowballs, gingerbread men, cookies and cupcakes to leave out for Santa.

And there was lots of post-feasting fun to be had with live music and choirs singing carols.

Right, from top: Vegetarian Caviar Club; Gordon's Old Fashioned Sweets



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London Symphony Orchestra

A CHORAL CHRISTMAS

Sun 13 Dec 2015 7pm, Barbican

The massed voices of the LSO choirs and LSO Choral Director **Simon Halsey** will kick off your festive season with an evening of traditional Christmas songs and sing-along carols including:

Ding Dong Merrily on High
Hark the Herald Angels Sing
Sussex Carol
God rest ye Merry Gentlemen
O Come, all ye Faithful

LSO Sing is generously supported by Sir Siegmund Warburg's Voluntary Settlement.
LSO Discovery Choirs are supported by Slaughter and May, the Rothschild Charities Committee and LSO Patrons.

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Average Grade per student A level entry = B.
Average 3 grade A level performance = AAB.
37% A*/ A grades.
62% A* - B grades.
40% students go to Russell Group Universities

* DfE Performance Tables 2014



t: 020 7613 1014

e: sixthform@oaklands.towerhamlets.sch.uk



Teaching money management

MyBnk designs and delivers programmes for 11- to 25-year-olds in schools and youth organisations. It teaches them how to manage their money and set up their own enterprises.

WWW.MYBNK.ORG

Holistic healthcare

"The clinic takes a holistic approach to ensuring the health and wellbeing of its patients."

MARK SANTOS, DIRECTOR POSITIVE EAST

News

Barts HIV team wins award

BY JESSICA ODUBAYO

ONE of London's largest HIV charities has presented a team at Barts Health with a 'professionals of the year' award.

Positive East, based in Stepney Green, gave the award to the Grahame Hayton Unit.

The department at the Royal London Hospital in Whitechapel is one of the largest HIV units in the country.

It sees more than 2,800 people each year, providing care for newly diagnosed patients as well as specialist care for cancers, hepatitis C, neurology, renal and metabolic complications associated with HIV.

Mark Santos, director of Positive East, said the team was an example of excellence, where the person is truly the



The Barts HIV team with their award from Positive East

focus and centre of its care.

The charity director said the team's hard work improved the lives of so many people living with HIV.

"The clinic takes a holistic approach to ensuring the health and wellbeing of its patients," Mr Santos said.

He thanked the team on

behalf of the charity's clients, staff, volunteers and trustees.

The unit is renowned for ground-breaking initiatives such as national testing

campaigns for HIV and blood borne viruses.

It is also a highly regarded training centre for HIV medicine.

Nashaba Matin, HIV clinical lead for Barts Health, said the team couldn't do the work it does without the support of Positive East.

"Last year the team supported HIV testing across trust hospitals as part of Going Viral, a Barts Health campaign to routinely test emergency patients for common viruses HIV, hepatitis B and hepatitis C, and found a much higher prevalence of HIV in patients at the Royal London Hospital than in the general population," Ms Matin said.

"With December marking World Aids Day we encourage everyone in Tower Hamlets to get themselves checked."

News in brief

Christmas party for training charity

CORE Projects, a vocational and training organisation for adults with learning difficulties and disabilities, holds its Christmas party on December 16.

The event, starting at 12 noon, at the Attlee Centre, 5 Thrawl Street, Spitalfields, will feature performances, music, a chance to buy freshly baked cakes, sports activities and the sale of bouquets of flowers.

Tickets costing £1.50 per person can be bought on the day or ordered in advance.

Call Dawud Marsh on 07957 322195 or email dawud.marsh@core-projects.org.uk

City hearts Barts

SENIOR representatives from more than 35 City of London corporations joined the Duke of Gloucester for the launch of a heart health campaign.

Barts Charity programme Circulate encourages City companies to support the Barts Heart Centre in promoting heart health and wellbeing among their employees.

The charity uses donations to fund investment in new equipment and ground-breaking research.

Visit www.bartscharity.org.uk email appeals@bartshealth.nhs.uk or call 7618 1720 for more information.

Review looks at use of community buildings

THE council is undertaking a review of its community buildings.

The council currently owns 79 such buildings, including premises used by playgroups and youth centres, and spaces used for offices and meeting rooms for faith and community groups.

The review will examine usage and the physical condition of the buildings.

There are many different types of property agreements put in place over many years. In some cases the origins of those agreements are unclear.

Moving to more standardised agreements will protect both the council and users.

The council will also be looking at how to measure the value of the activities undertaken in the buildings as part of the process of refreshing its Community and Voluntary Sector Strategy, due to be launched in May 2016.

A policy framework will be brought to the mayor in spring next year and will be subject to extensive consultation with current tenants and the wider public before it is agreed.

Mayor John Biggs said: "This

review is designed to bring all our buildings up to scratch and ensure they are well used.

"It will also help guarantee that there are fair and transparent agreements in place that provide clarity and security on the use of these buildings for the groups and the communities they serve."

The cabinet has also approved the council's asset strategy, which considers the future use of all council-owned buildings, including the changes needed to achieve a new civic centre at the former Royal London Hospital site in Whitechapel.



A CHARITY in Spitalfields has won a national award for helping thousands of young care leavers live independently. MyBnk won the leaving care prize at the Children & Young People Now awards. The charity's intervention-style money management programme, Money Works, arms care leavers with practical skills like budgeting and examines spending, benefits and bills. "Many young people leaving care experience problems," said founder Lily Lapenna. "They need these key money management skills to avoid unnecessary debt and stay truly independent." Pictured are Anne Kazimirski, from New Philanthropy Capital and Aisling Cohn, MyBnk education project manager.

Council sets out 'life-altering' plan to improve literacy in the borough

THE council has set out a number of steps to improve literacy.

As a result of a scrutiny review, led by Cllr Denise Jones, the work the council plans to do was agreed at a cabinet meeting on December 1.

The steps include:

- Improving the quality of information available on the council's website. This includes information and videos on the impact of early years learning.
- Developing and implementing a

pilot academic English programme at key stage 3 and evaluating its success.

- Identifying grant streams and corporate sponsors to ensure the continuation of the Reading Recovery programme.

Mayor John Biggs said: "These steps are much needed. They will act as a blueprint for how we can improve literacy in Tower Hamlets.

"This will have a life-altering impact on people living in this borough."

Palestine meeting

TOWER Hamlets Palestine Solidarity Campaign will hold its annual meeting on Thursday, December 10, at the Unite community centre, 236 Cable Street, E1, from 7pm

Visit www.thjfa.org.uk

A chance to take part

To take part in the council's gambling policy review, visit www.towerhamlets.gov.uk

SEE BELOW



Royalty on song with dementia project

The Alzheimer's Society's singing for the brain is a social activity that enables people with dementia and their carers to express themselves and sing with others in a similar situation.

CALL 0300 222 11 22 OR VISIT ALZHEIMERS.ORG.UK

News

Council scheme receives national praise

THE council's innovative scheme to reduce under-age drinking and anti-social behaviour has received national praise.

The Community Alcohol

Partnership (CAP) was singled out during a review of similar projects across the country.

The Tower Hamlets CAP was established in April in the Bethnal Green and St Peters wards.

Following the year-long project, ASB dropped by 46 per cent and the number of alcohol seizures decreased by 87 per cent. There was also an 80 per cent decrease in youth disorder.

Princess visits the Alzheimer's Society



Princess Alexandra meets a Singing for the Brain group member during the visit

PRINCESS Alexandra, royal patron of the Alzheimer's Society, met some of the staff working to improve life for people with dementia.

During a visit to the organisation's London headquarters in St Katharine Docks, Wapping, last Tuesday, December 1, the princess heard about work being done to help those living with dementia. The royal visitor met representatives from across the organisation and took part in a Singing for the Brain session – one of the society's popular community services.

Jeremy Hughes CBE, the society's chief executive, said it was a great honour to host Princess Alexandra, who is the Queen's cousin and youngest granddaughter of King George V and Queen Mary.

The princess also met society chair of the board of trustees, Ann Beasley CBE and ambassador Gina Shaw who is living with dementia.

Policy still under review

THE council is still seeking views as part its ongoing gambling policy review.

The current gambling policy has been in place since 2013. The consultation period is running for three months until January 17, 2016.

There are three licensing objectives that the council must incorporate into any strategy.

These are:
■ preventing gambling from being a source of crime or disorder, being associated

with crime or disorder or being used to support crime;

■ ensuring that gambling is conducted in a fair and open way;

■ protecting children and other vulnerable people from being harmed or exploited by gambling.

To make any comments visit www.towerhamlets.gov.uk/ignl/business/licences/gambling_act_2005.aspx or email licensing@towerhamlets.gov.uk

Have your say

on new river crossings in east and southeast London

We'd like your feedback on proposed new river crossings at Gallions Reach and Belvedere. The crossings would:

- Make it easier to cross the Thames between east and southeast London
- Help reduce cross-river journey times
- Create opportunities for new cross-river public transport links and improvements to walking and cycling options
- Support London's growing economy by better connecting businesses, improving access to jobs and encouraging development

To find out more and have your say, go to tfl.gov.uk/east-london-crossings

The consultation ends 12 February 2016

MAYOR OF LONDON





A match made in hell

Many of Parlane MacPherson's students were working in the match-making industry, subject to terrible working conditions, and exposed to dreadful illnesses such as 'phossy jaw'.

SEE BELOW

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

WWW.EASTLONDONHISTORY.COM

History

BY JOHN RENNIE

THE demolition of the Bethnal Green Medical Mission next month marks the end of 60 years at 305 Cambridge Heath Road (though it also heralds a new beginning... of which more below). It also presages just the latest chapter in a story initially authored by a formidable Scotswoman.

A combination of a staunch Victorian Scots upbringing in the Stirlingshire village of Milton of Campsie, and a burning religious conviction (she was of evangelical Quaker stock) must have made Annie Parlane MacPherson a redoubtable figure.

For her the phrase 'life's work' was mere tautology: life was work for a woman who dedicated her existence to service and to improving the lot of the poor. And, when she found herself in London in the 1860s, she certainly found plenty of poor to help.

Born in 1833, MacPherson had been educated in Glasgow and then at the Home and Colonial Training College in the Grays Inn Road.

This revolutionary institution emerged just as society was accepting that all should be educated (not simply the children of the rich), and practised the then-novel teaching methods of Swiss reformer Johann Pestalozzi, whose motto was "learning by head, hand and heart".

Here, young men and (especially) women would learn as they taught, emerging as the primary school teachers (a new idea in itself) of a new, literate working class.

MacPherson was a contemporary and friend of Dr Thomas Barnardo, and by the early 1860s was visiting the East End regularly. The famed Barnardo's charity would be born when the doctor opened a school in the East End to care for and educate children left orphaned and destitute by the recent cholera outbreak, and in 1870 he would found a boys' orphanage at 18 Stepney Causeway.

Annie, too, was appalled by the poverty and want of decent education in the East End, and in 1866 she gathered together a band of helpers and opened the magnificently named 'Home of Industry' at 60 Commercial Street: the old warehouse had previously been pressed into service as a hospital for cholera victims.

Many of her first students were working alongside their parents in the match-making industry – as well as the lack of time in the classroom, those children were also subject to terrible working conditions, with long hours, low pay and exposure to dreadful illnesses such as 'phossy jaw', where the phosphorous in the matches ate away at the bones in the face, disfiguring and eventually killing the workers.

Now the children (and adults too) could

Demolition is imminent... but the Mission continues



Annie Parlane MacPherson was appalled by the poverty in the East End

learn to read and write, and receive medical attention. But elements of MacPherson's work were controversial too. Her friend Barnardo had been criticised in the early days of his work, accused of kidnapping children without their parents' permission.

He cheerfully admitted the charge, describing his work as "philanthropic abduction" and saying the end justified the means. In total, he was taken to court 88 times but, being a popular and charismatic figure, rode out the scandals unscathed.

Annie's approach was even more radical: removing her charges from the pernicious influence of East End poverty altogether. In 1869, she sent out the circular: "Emigration is the only remedy for chronic pauperism in the East End of London".

And then, in 1870, Misses MacPherson and Bilborough took the first party of 100 boys to the new world of Canada. MacPherson would accompany parties of boys on this one-way journey, halfway around the world, for the next 30 years, settling them into new children's homes she established across Quebec and Ottawa.

The practice was controversial from the start, with the 1875 Doyle Report criticising the traffic, though acknowledging the benevolent motives of MacPherson et al.

Back home, the work of the mission

continued apace. In 1887, the Home of Industry moved to 29 Bethnal Green Road. Alongside, she started the Bird Fair Mission and the Bible Flower Mission, with a medical practice joining the organisation in 1901.

The tireless Annie died in 1904, but the work continued around various sites in the East End. A new GP surgery, at 305 Cambridge Heath Road, was established in 1927, but severely damaged by a Flying Bomb during the Second World War. The response? Prayer. With a concerted local campaign pleading for divine intervention in rebuilding the surgery.

In 1952, those prayers seemed to be answered (with a little help from private donors and the War Damage Commission). Funds were provided for rebuilding the Medical Mission (whose doctors were now part of the NHS), and it thrived under the leadership of Canon John Coleman, who took over in 1964 with his wife Audrey.

During his days at the Bethnal Green Medical Mission, Coleman developed a close link with the Crypt Project at Christ Church, Spitalfields, providing help for down-and-outs and alcoholics. (He also visited schools to warn pupils of the dangers of drink.)

The Colemans, who had spent much of their pre-Bethnal Green life as mission doctors in the Middle East, returned to



The Bethnal Green Mission



Thomas Barnardo



Annie Parlane MacPherson

Iran in 1978, but found themselves swept up in the wave of kidnappings of Westerners in the country: the two were held separately for 200 days, neither knowing where the other was.

They were eventually freed thanks to the negotiating skills of none other than Terry Waite, who would, of course, be kidnapped himself a few years later.

In 1989, constraints of space would see the Mission Church remaining at 305 Cambridge Heath Road, while the medical practice moved down the road to Number 208, but in January comes the most dramatic development in living memory.

The old Balls Brothers HQ next door has already been demolished (accompanied by controversial plans for its redevelopment) and now its neighbour, sandwiched between the Liverpool Street railway line and Paradise Row, is to face the wrecking ball too.

No controversy here though. The council has given permission to raze the building that has worked so hard for 60-plus years and for a new church and community space to rise in its place.

The work that the redoubtable Scots Quaker began a century and a half ago continues, with the hard work just begun. Annie would surely approve.

Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



“ইয়াং রেসিডেন্টস্ কোয়েশন টাইম”

বারার তরুণদের জন্য প্রথমবারের মতো আয়োজিত কোয়েশন টাইমস্ অনুষ্ঠান ২৫ নভেম্বর অনুষ্ঠিত হয়। স্পটলাইট ইয়ুথ সেন্টারে আয়োজিত বিশেষ এই অনুষ্ঠানে শতাধিক কিশোর তরুণ বয়সীর মুখোমুখি হয়েছিলেন বরা কমান্ডার, জনপ্রতিনিধিবৃন্দ, কমিউনিটি নেতৃবৃন্দ ও শীর্ষস্থানীয় কর্মকর্তারা। বিস্তারিত পড়ুন নিচে –

YOUNG PEOPLE QUIZ THE POLICE

Harmony

Qaabaynta degmada ee mustaqbalka

Your chance to shape borough's future – see issue 1088

COUNCILKU wuxu diyaari-nayaa qorshaha lagu hagayo horumarinta degmada ee tobanka ilaa 15ka sanadood ee soo socda.

Councilku wuxu dadweynaha weydiinayaa fikrado ku saabsan waxay la tahay inay qorshaha ka mid noqdaan.

Councilku wuxu sidoo kale diyaariyey qorshaha talaa-booyinka cusub ee la qaadayo, si ay dadka degmada degani u ogaadaan, una gudbiyaan mawduuca ay aad uga walwal san yihiin.

Istiraa-tijiyada uu councilku dejiyey 10ka sanadood ee socda, waxaayabaha uu mud-naanta siiyey waxa ka mid ah; baahida guryaha, ganacsiga, adeegyada bulshada iyo dibudhiska, waxaa sidoo kale qor-

shaha ka mid ah, madaama tirada daweynaha degmadu sii korodhayso in la dhiso 40,000 guryo cusub ah.

Dadka ku nool, kuwa ka shaqeeya iyo kuwa wax ka barta Tower Hamlets waxay ra, yigooda ku soo gudbin karaan qalabka online inta u dhaxaysa 14ka Diisambar 2015ka, iyo 8da Febraayo 2016ka.

Councilku wuxu wadatashiyo la yeelanayaa dadweynaha degmada, bilaha Janaayo iyo Febraayo 2016ka.

Duqa John Biggs ayaa wuxu yidhi: “Qorshahan waxa ku dhamaystiran aragtiyaha degmada. Waa fursad aanu haysano, si aanu u hubino in Tower Hamlets mar walba horumar sii samayso mustaqbalka, lana daboolo baahiyaha dadka ku nool, kuwa wax ku barta,

iyo kuwa ka shaqeeya intaba.

“Waxaan ku dhiiri gelinayaa dhamaan dadka degan iyo kuwa ku ganacsadaba, inay ka qayb qaataan wadahadalka iyo habka ra, yi ururinta ee ku saabsan istiraa-tijiyadan muhiimka ah.”

Xildhibaan Rachel Blake, oo qaabilsan horumarka istiraa-tijiyada, ayaa isna wuxu yidhi:

“Waxaanu doonaynaa in dadka deegaanka ahi na caawiyaan, si aanu u hubino in Tower Hamlets ka faa, iidayato fursadahan. In laga qayb qaato habka wadatashiga waxay waxweyn ka taraysaa horumarka qorshahan, maadaama ay muhiim inoo yihiin guryo kiradooda la awoodi karo, shaqooyin, iyo meelo waqtiga firaqada lagu qaato.”

Hadaad u baahato warbixin dheeraad ah, email planmaking@towerhamlets.gov.uk



Speaker Abdul Mukit MBE with mayors of other boroughs at his charity dinner

‘স্পিকারস্ বল’ এর মাধ্যমে চ্যারিটির জন্য তহবিল সংগ্রহ

Speaker's ball raises the roof for charity – pages 16 & 17

টাওয়ার হ্যামলেটস্ কাউন্সিলের ‘স্পিকারস্ বল’ বা বার্ষিক ফান্ড রেইজিং উপলক্ষে গত ৩ ডিসেম্বর ক্যানরিয় ওয়ার্ফের ইস্ট উইন্টার গার্ডেনে আয়োজন করা হয়েছিলো বর্ণাঢ্য এক অনুষ্ঠানের।

স্পিকার আব্দুল মুকিত এমবিই আমন্ত্রণে আদর্শ বিনোদনপূর্ণ বর্ণাঢ্য এই অনুষ্ঠানে বিভিন্ন বারার মেয়রগণ, কাউন্সিলরবৃন্দ, কমিউনিটি গ্রুপসমূহ এবং ব্যবসায়ী সম্প্রদায়ের প্রতিনিধিবর্গ সহ প্রায় ৩ শতাধিক লোক যোগ দিয়েছিলেন।

এবারের বার্ষিক স্পিকারস্ বল এর মাধ্যমে তহবিল সংগ্রহের লক্ষ্যমাত্রা ছিলো ৫০ হাজার পাউন্ড।

এ বছর স্পিকারের দুটি চ্যারিটির একটি হচ্ছে, টাওয়ার হ্যামলেটস্ মাইন্ড (এমআইএনডি)। এটি

একটি কমিউনিটি ভিত্তিক মানসিক স্বাস্থ্য বিষয়ক চ্যারিটি সংস্থা, মানসিক স্বাস্থ্য ও আবেগ প্রবণতা সংক্রান্ত ইস্যুতে ভোগছেন, এমন লোকদের তারা নানানভাবে সহযোগিতা দিয়ে থাকেন। স্পিকারের অপর চ্যারিটি হলো, সেন্ট হিলদাস্ সূর্যমুখি ডিজেবলড ইয়ুথ প্রজেক্ট, যাদের শিক্ষাগত ও শারিরিক ডিজেবিলিটিজ রয়েছে, এমন কমবয়সীদের সাথে তারা কাজ করে থাকে।

অনুষ্ঠানে এই দুটি চ্যারিটির পক্ষ থেকে প্রোজেক্টেশন এবং অতিথিদের বক্তৃতা পর্ব শেষে অনুষ্ঠিত হয় র‍্যাফল ড্র ও নিলাম। সব শেষে পরিবেশিত হয় ডিসকো।

এন্টারটেইনমেন্ট পর্বটি পরিবেশন করে

থেমস (টাওয়ার হ্যামলেটস্ আর্টস এন্ড মিউজিক এডুকেশন সার্ভিস) বিগ ব্যান্ড এবং বারার বাসিন্দা নাজ চৌধুরী কর্তৃক প্রতিষ্ঠিত আন্তর্জাতিক ডান্স প্রোডাকশন কোম্পানী বলি ফ্লেক্স।

স্পিকার আব্দুল মুকিত, এমবিই, বলেন, বার্ষিক এই ‘বল’ সর্বাঙ্গিক সফল হয়েছে এবং মাইন্ড ও সূর্যমুখি প্রজেক্টের জন্য আমরা হাজার হাজার পাউন্ড সংগ্রহ করতে সক্ষম হয়েছি। বর্ণাঢ্য এই অনুষ্ঠানে যোগদানকারী সকলেই ভালো দুটি চ্যারিটির কাজে অবদান রাখার পাশাপাশি চমৎকার একটি রাত উপভোগ করেছেন। একটি ভালো কাজের জন্য ভিন্ন ভিন্ন কমিউনিটির একত্রিত হওয়ার এবং একই সাথে আনন্দ করার এই নজির সত্যিই অনন্য।

Barashada nabadgelyada wadooyinka

Pupils and parents learn road safety tips – see issue 1088

DUQA John Biggs ayaa booqday Our Lady and Saint Joseph School, booqashadan oo qayb ka ah ayd todobaadka nadadgelyada wadooyinka.

Councilku wuxu hada iskuulada kala shaqaynayaa, siduu uga caawin lahaa in lagu wacyigeliyo ardayda iyo waalidiintooda, khatarta ay leedahay in gaadhi la joojiyo meelaha wadada ee leh calaamada sagsaaga ah.

Waalidiin badan oo degmada degan ayaa waxay ogaan isaga diidaan, inay tixgelin siiyaan digniinaha iskuulada ku dhow ee wadooyinka ku muujisan, kuwaasoo tilmaamaya inaan baabuurta la joojin meelaha calaamadahaasi ku muujisan yihiin, marka waalidiintu caruurta iskuulka keenayaan iyo markay ka qaadaayaan.

Mashruuca nabadgelyada wadooyinka, waxay ujeedadiisu tahay in lagu tacliimayo ar-



Donovan gives a talk to pupils and Mayor John Biggs (right)

dayda, inay u gudbiyaan waalidiintooda waxay barteen. Qaybtan waxbarashada waxa qaabilsan sarkaal ka tirsan nabadgelyada wadooyinka, oo u sharaxaya ardayda ku jirta sanadka sadexaad, isla markaa ku dhiirgelinaya dhaqamada wanaagsan ee uu leeyahay darawalka wanaagsani.

Waxa ardayda lagu wacyigelinayaa muhiimada ay u

leedahay nabadgelyada hadii baabuurta la dhigo meelaha iskuulada u dhow, iyo dhibaatoyinka dhici kara hadii aan wadayaashu baabuurta dhigin meel nabadgelyada ku haboon.

Xaaladaha degdega ah, baabuurta oo meel aan ku haboonayn la dhigaa waxay sababi kartaa shil iyo inay daahiyaan gaadiidka gurmada xaaladaha degdega ah.

তরুণ বাসিন্দাদের জন্য আয়োজিত হলো

“ইয়াং রেসিডেন্টস্ কোয়েশন টাইম”

Young people quiz the police – see issue 1088

বারার তরুণ বাসিন্দাদের জন্য প্রথমবারের মতো আয়োজিত কোয়েশন টাইমস্ অনুষ্ঠান গত ২৫ নভেম্বর বুধবার অনুষ্ঠিত হয়।

স্পটলাইট ইয়ুথ সেন্টারে আয়োজিত বিশেষ এই প্রশ্ন করার অনুষ্ঠানে শতাধিক কিশোর তরুণ বয়সীদের মুখোমুখি হয়েছিলেন বরা কমান্ডার, জনপ্রতিনিধিবৃন্দ, কমিউনিটি নেতৃবৃন্দ ও শীর্ষস্থানীয় কর্মকর্তারা।

কাউন্সিলের ইয়ুথ সার্ভিস, মেট্রোপলিটান পুলিশ এবং সেইফার নেইবারহুড বোর্ড এর যৌথ উদ্যোগে আয়োজিত এই অনুষ্ঠানের মূল লক্ষ্য হচ্ছে সিদ্ধান্ত গ্রহণ প্রক্রিয়ায় তরুণ জনগোষ্ঠির অংশগ্রহণ বাড়ানো।

অনুষ্ঠানে কমিউনিটি সেফটি বিষয়ে দর্শকদের প্রশ্নের উত্তর দেন একটি প্যানেল। যাদেরকে নিয়ে এই প্যানেল গঠিত হয়, তারা হলেন, ডেপুটি মেয়র ও কেবিনেট মেম্বার ফর চিলড্রেন সার্ভিস—সেস্, কাউন্সিলর র‍্যাচেল স্যান্ডার্স, ডেপুটি মেয়র ও কেবিনেট মেম্বার ফর কমিউনিটি সেফটি, কাউন্সিলর শিরিয়া খাতুন, বরা কমান্ডার এন্ডি ইউইং এবং ধর্মীয় নেতৃবৃন্দ।

এই অনুষ্ঠানে উগ্রবাদ বিরোধী তৎপরতা, (গ্যাং



Borough commander Andy Ewing and panel members

ক্রাইম ও অগ্নেয়াস্ত্র নিয়ে সহিংসতা বিরোধী পুলিশী অভিযান ‘ট্রিডেন্ট’, ব্যক্তিগত নিরাপত্তা এবং ভবিষ্যতে একযোগে কাজ করার পরিকল্পনা ইত্যাদি নানা ইস্যু নিয়ে আলোচনা করা হয়।

টাওয়ার হ্যামলেটস্ ইয়ুথ কাউন্সিল, দ্যা উইম্যান ইন লিডারশিপ প্রোগ্রাম এবং সেকেন্ডারি স্কুলগুলো থেকে তরুণরা এতে যোগ দেন।

বরা কমান্ডার এন্ডি ইউইং বলেন, এটা অসাধারণ একটি সফল সন্ধ্যা ছিলো এবং

এটাকে সফল করায় ভূমিকা রেখেছেন আমাদের তরুণ প্রজন্ম, যারা অনেক বুদ্ধিদীপ্ত প্রশ্ন করেছেন।

ডেপুটি মেয়র, কাউন্সিলর র‍্যাচেল স্যান্ডার্স বলেন, প্যানেলে বসা ও তরুণদের আইডিয়া নিয়ে আলোচনা করতে পারাটা আমার জন্য ছিলো অনন্য অভিজ্ঞতা। এই আলোচনা থেকে অনেক সুফল পাওয়া যাবে এবং আমাদের কার্যক্রমে তাদের অভিমত প্রতিফলিত হবে।



বারায় ডিজেবলদের জন্য উপযুক্ত ক্রীড়া সুবিধাদি রয়েছে

ডিজিবিলাটি রয়েছে এমন লোকজন সব রনের প্রতিবন্ধকতা গুড়িয়ে ফেলার এবং অধিকতর অংশ গ্রহণমূলক সমাজ প্রতিষ্ঠার চেষ্টা যুগ যুগ ধরে করে চলেছেন। তাদের এই প্রচেষ্টার আরেকটি নজির হচ্ছে, বারার এক দল ডিজেবল তরুণ খেলাধুলা ও শারিরিক নানা কার্যক্রমে অংশ নেন। বিস্তারিত পড়ুন নিচে –

ENSURING PEOPLE WITH DISABILITIES HAVE THE CHANCE TO TAKE PART IN SPORT

Harmony

‘জিগ জাগ’ মার্কিংয়ে গাড়ি পার্ক না করতে শিক্ষামূলক কর্মসূচি

Don’t stop on ‘zig zag’ lines – see issue 1088

সড়ক নিরাপত্তা সপ্তাহ উপলক্ষে গত ২৫ নভেম্বর টাওয়ার হ্যামলেটস্ এর মেয়র জন বিগস্ আওয়ার লেডি এন্ড স্যান্ট জোসেফ স্কুল পরিদর্শন করেন।

রাস্তায় ‘জিগ জাগ’ মার্কিং এলাকায় গাড়ি পার্কিংয়ের ঝুঁকি সম্পর্কে স্কুল শিক্ষার্থী ও তাদের অভিভাবকদের অবহিত করতে কাউন্সিল বর্তমানে বারার স্কুলগুলোকে সাহায্য করছে।

বারার অনেক অভিভাবক তাদের বাচ্চাদের স্কুলে নামিয়ে দিতে কিংবা নিয়ে আসার সময় জিগ জাগ মার্কিংয়ে ‘কীপ ক্লিয়ার স্কুল’ ওয়ানিং উপেক্ষা করে থাকেন।

স্মার্ট কার এডুকেশন প্রজেক্টের লক্ষ্য হচ্ছে, বাচ্চাদেরকে শিক্ষা দেয়ার মাধ্যমে বড়দেরকে সচেতন করা, অর্থাৎ বাচ্চারা যা শিখবে, তা তাদের অভিভাবককে বলবে।

বারার বিভিন্ন স্কুল থেকে এই সমস্যার ব্যাপারে অভিযোগ পাওয়ার প্রেক্ষিতে কাউন্সিল গত অক্টোবর মাসে এই স্মার্ট কার এডুকেশন প্রজেক্ট গ্রহণ করে। কর্মশালার আওতায় রোড সেফটি অফিসাররা গাড়ি চালকদের কাছ থেকে কাউন্সিল কী ধরনের আচরণ ও দায়িত্বশীলতা প্রত্যাশা করে, তা তৃতীয় শ্রেণীর শিক্ষার্থীদেরকে অবহিত করেন।

এছাড়া স্কুলের চারপাশে নিরাপদে গাড়ি পার্কিংয়ের গুরুত্ব এবং ড্রাইভার যদি নিরাপদ স্থানে গাড়ি পার্ক না করেন, তাহলে কী ঘটতে পারে, তা উদাহরণ সহ ভুলে ধরা হয়।

অনেক সময়, ঝুঁকিপূর্ণভাবে গাড়ি পার্কিং বড় ধরনের দুর্ঘটনা কিংবা ইমার্জেন্সি গাড়ির বিলম্বের কারণ হতে পারে।

এই প্রশিক্ষণ কর্মশালা চলার সময় শিশুরা কাউন্সিলের সিসিটিভি স্মার্ট কারে বসার সুযোগ



Mayor Biggs visited Our Lady and Saint Joseph School to see the Smart Car Education Project

পায়। এসময় সিভিল এনফোর্সমেন্ট অফিসাররা কিভাবে ক্যামেরা কাজ করে, তা তাদেরকে অবহিত করেন।

আওয়ার লেডি এবং স্যান্ট জোসেফ স্কুলে এই প্রশিক্ষণ কর্মসূচি চলাকালে স্কুলটি পরিদর্শনে গিয়ে মেয়র বলেন, কাউন্সিলের একটি অসাধারণ শিক্ষামূলক কার্যক্রম স্বচক্ষে দেখতে এই স্কুলে আসতে পেরে আমি সম্মানিত বোধ করছি।

মেয়র আশাবাদ ব্যক্ত করে বলেন, স্কুল-গুলোর আশেপাশে গাড়ি পার্কিং সংক্রান্ত আচরণের ক্ষেত্রে ইতিবাচক পরিবর্তন আনতে আমাদের দীর্ঘমেয়াদি কর্মকৌশল বাস্তবায়নে এই

শিক্ষামূলক কার্যক্রম অনেক সহায়ক হবে।

কেবিনেট মেম্বর ফর এনভায়রনমেন্ট, কাউন্সিলের আয়াছ মিয়া, যিনি নিজেও স্কুলটি পরিদর্শন করেন, তিনি বলেন, কাউন্সিলের ক্যালেন্ডারের গুরুত্বপূর্ণ একটি ইভেন্ট হচ্ছে সড়ক নিরাপত্তা সপ্তাহ।

তিনি বলেন, আমরা সত্যিই আশাবাদি যে, এই ধরনের প্রকল্প পরিচালনার মাধ্যমে আমরা আমাদের কমিউনিটির সবচেয়ে ক্ষুদ্র সদস্যদের শিক্ষিত করতে চাই, যাতে করে তারা তাদের অভিভাবকদের যথাযথ স্থানে গাড়ি পার্ক করতে অনুপ্রাণিত করতে পারে।

বারায় ডিজেবল লোকজনদের জন্য উপযুক্ত ক্রীড়া সুবিধাদি রয়েছে

Ensuring people with disabilities can take part in sport – 1088

ডিজিবিলাটি রয়েছে এমন লোকজন সব ধরনের প্রতিবন্ধকতা গুড়িয়ে ফেলার এবং অধিকতর অংশ গ্রহণমূলক সমাজ প্রতিষ্ঠার চেষ্টা যুগ যুগ ধরে করে চলেছেন। তাদের এই প্রচেষ্টার আরেকটি সাম্প্রতিক নজির হচ্ছে, টাওয়ার হ্যাম-লেটসের এক দল ডিজেবল তরুণ খেলাধুলা ও শারিরিক নানা কার্যক্রমে অংশ নেন।

৩ ডিসেম্বর ডিজেবিলাটি সম্পন্ন লোকজনের আন্তর্জাতিক দিবসে তাদের প্রতি শ্রদ্ধাঞ্জলি নিবেদন করে কাউন্সিল। জাতিসংঘ অনুমোদিত এই দিবসের মূল লক্ষ্য হচ্ছে ডিজেবিলাটি ইস্যু সম্পর্কে সচেতনতা বাড়ানো এবং ডিজেবল লোকদের মর্যাদা, অধিকার ও সার্বিক সুস্থ্যতা নিশ্চিত করতে প্রয়োজনীয় সহায়তা প্রদান করা। ডিজেবল লাকরা যাতে সারা বছরই খেলাধুলায় ও অন্যান্য শারিরিক এন্টিভিটিজে অংশ নিতে পারেন, সেইজন্য যেসকল সুযোগ সুবিধা রয়েছে, তা তুলে ধরতে কাউন্সিল বিশেষভাবে আগ্রহী।

বেথনাল গ্রীণের বাসিন্দা আমিনুল ইসলাম অত্যন্ত সক্রিয় একজন ক্রীড়াবিদ। আট বছর আগে থেকেই তিনি হুইলচেয়ার রেস খেলে আসছেন। আমিনুল ইসলাম তার দুই পা নাড়াতে



Aminul Islam from Bethnal Green is someone who has long been a champion for sport

পারেন না। কিন্তু তার এই শারিরিক অক্ষমতাকে তিনি তার জীবনে নেতিবাচক প্রভাব ফেলতে দেননি। প্রত্যেক শনিবার সকালে তিনি চলে আসেন মাইল এন্ড স্টেডিয়ামে এবং সহযোগী হুইলচেয়ার রেসারদের সাথে প্রশিক্ষণ নেন। আমিনুল বলেন, আমার বন্ধুদের মধ্যে আমিই হচ্ছি সবচেয়ে সক্রিয়।

হুইলচেয়ার রেসিং করার কারণে তার দেহের উপরাংশ সুদৃঢ় হচ্ছে এবং চলাফেরায় অতিরিক্ত শক্তি পাচ্ছেন। তাঁর ভাষায়, “তোমার ডিজেবিলাটি যেন কখনো তোমাকে ভগ্নোৎসাহ না করে। যদি তুমি আগ্রহী হও, তা হলে এখানে রয়েছে খেলাধুলা ও শারিরিকভাবে সক্রিয় থাকার অনেক সুযোগ সুবিধা।”

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

ঘর ভাড়া নেয়ার আগে ভাড়া প্রদানকারীর সব তথ্য যাচাই করতে বাসিন্দাদের প্রতি কাউন্সিলের আহ্বান

Move home without being scammed

বাসা পরিবর্তন, অর্থাৎ নতুন বাসায় ওঠার ক্ষেত্রে সংশ্লিষ্ট ল্যান্ডলর্ড বা বাসার মালিক এবং লেটিং এজেন্ট সম্পর্কে খুব ভালোভাবে যাচাই বাছাই করার করার বাসিন্দাদের প্রতি আহ্বান জানিয়েছে টাওয়ার হ্যামলেটস্ কাউন্সিল।

সারা লন্ডনেই বিভিন্ন হাউজ কিংবা ফ্ল্যাট ভাড়া দেয়ার নামে প্রতারক ল্যান্ডলর্ড বা লেটিং এজেন্টরা ডিপোজিটের নগদ অর্থ নিয়ে সটকে পড়ার ঘটনা ক্রমাগতভাবে বেড়ে চলেছে।

এ প্রসঙ্গে টাওয়ার হ্যামলেটসের মেয়র জন বিগস বলেন, জালিয়াতির কিংবা প্রতারণামূলক যে কোন তৎপরতার বিরুদ্ধে কাউন্সিল সর্বাঙ্গিক প্রচেষ্টা চালিয়ে যাচ্ছে। কিন্তু একই সাথে বাসিন্দাদের সর্বাবস্থায় সতর্ক থাকা এবং প্রতারকদের হাত থেকে নিজেদের রক্ষায় সচেতন থাকা খুবই গুরুত্বপূর্ণ।

প্রতারিত না হতে কয়েকটি পদক্ষেপ নিতে পরামর্শ দেয়া হয়েছে কাউন্সিলের পক্ষ থেকে।

কাউন্সিল হাউজিংয়ের (টাওয়ার হ্যামলেটস্ হোমস্ কর্তৃক ব্যবস্থাপনাধীন) ভাড়াটিয়া স্বত্ব এবং সোশ্যাল হাউজিং (হাউজিং এসোসিয়েশন কর্তৃক ব্যবস্থাপনাধীন) একমাত্র কাউন্সিলের মাধ্যমে প্রোপার্টি বিডিং করে পাওয়া যেতে পারে। টাওয়ার

হ্যামলেটস্ বারায় এব্যাপারে বিস্তারিত জানতে www.thhs.org.uk এই ওয়েবসাইট ভিজিট করতে অনুরোধ করা হয়েছে।

প্রাইভেট মালিকানাধীন ঘর/ফ্ল্যাট ভাড়া নেয়ার ক্ষেত্রে বাসিন্দারা স্বশ্রুতি ভাড়াদানকারী ব্যক্তির ভাড়া দেয়ার অধিকার আছে কি না তা যাচাই করার মাধ্যমে প্রতারিত হওয়ার ঝুঁকি অনেকটা কমাতে পারেন। নিচে উল্লেখিত ডকুমেন্টগুলোর ফটোকপি এক্ষেত্রে অনেক কাজে লাগতে পারেঃ ভাড়া প্রদানকারী ব্যক্তির পরিচয় পত্রের ফটোকপি; ল্যান্ডলর্ড মর্গেজ স্ট্যাটমেন্টের কপি, যেখানে প্রোপার্টির মালিকানা নিশ্চিত করা হয়েছে; দেউলিয়া ঘোষিত কি না তা নিরীক্ষা করা, বিনামূল্যে এই ইনসলভেন্স ইনডিভিজুয়াল ভলান্টারি এ্যারেঞ্জমেন্ট (আইভিএ) অনলাইনে চেক করা যায়; ল্যান্ড রেজিস্ট্রি চেক করে মালিক কিংবা যৌথ মালিকানায কাদের নাম রয়েছে, প্রোপার্টির ওপর কোন ‘চার্জ’ আছে কি না ইত্যাদি যাচাই করা; যে ব্যক্তি প্রোপার্টিটি ভাড়া দিচ্ছেন, তিনি এর আইনানুগ ভাবে একক মালিক না হলে সকল মালিককে একটি ম্যানেজমেন্ট এগ্রিমেন্টে সাইন করতে এবং একজনকে ল্যান্ডলর্ড হিসেবে নমিনি করতে অনুরোধ করুন।

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7 – 13 DECEMBER 2015

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

15

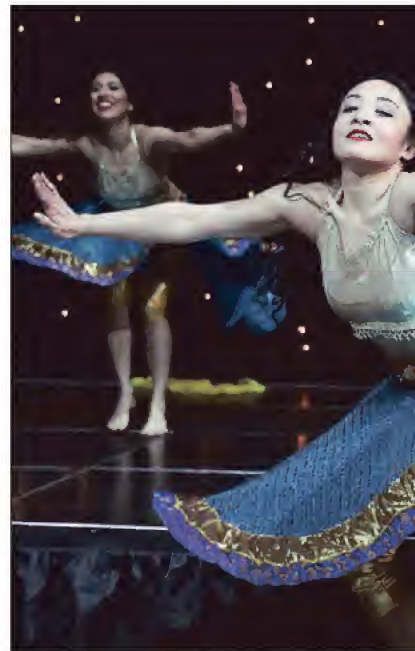
Plenty of warmth at



Rupert Williams, director, and Fatama Khatoon, co-ordinator, from St Hilda's



Deputy Mayor Sirajul Islam



Bolly Flex kept everyone entertained

The audience enjoyed the excellent music from THAMES during the evening



With the season of goodwill almost upon us, Speaker of the Council Cllr M.A. Mukit MBE hosted a charity ball in support of his chosen charities, **East End Life** reports. Photos by **Kois Miah**.

NEARLY 300 residents, community leaders and representatives of corporate and community organisations were among guests digging deep when they attended a charity winter ball hosted by Speaker of the Council Cllr M.A. Mukit MBE.

The speaker, who is responsible for the ceremonial duties of the council, and his consort, Mrs Fathema Choudhury, aim to raise £50,000 for his two chosen charities at this year's ball – MIND in Tower Hamlets & Newham and St Hilda's Surjamuki (Sunflower) Disabled Youth Project.

Guests at the winter ball held at East Wintergarden, Canary Wharf, heard about the work of the charities, their activities, and the increasingly vital role they play in the borough.

Following speeches and presentations from the charities, a raffle and auction was held, as well as a disco at the end of the night.

Entertainment was provided by the Tower Hamlets Arts and Music Education Service (THAMES) Big Band and Bolly Flex, an international dance production company founded by local resident Naz Choudhury.

The Speaker's Charity Appeal and ball raises thousands of pounds, and every year brings business and local communities together for a good cause.

"Tower Hamlets is a fantastic borough and I am honoured to be its speaker for the second year," Cllr Mukit said.

"I am very proud of the amazing work I have seen so far, and it gives me great pleasure to promote our successes to the people I meet when I am outside the borough."

He thanked guests, donors and supporters for their generosity.



The MIND stall at a recent promotional event

Mind in Tower Hamlets and Newham is a community-based mental health and wellbeing service which delivers support services, including counselling, advice, information, and group work, to people with mental health and emotional issues.

"Our clients may present with common mental health issues such as depression and anxiety, or more complex problems such as substance misuse, forensic or other health issues," said chief executive Michelle Kabia.

"Our team of 29 staff and over 80 volunteers are committed to supporting people towards recovery, to develop their resilience, and to challenge the barriers that hold them back."

Ms Kabia said service users were the cornerstone of the organisation and that the development of user-led services was vital.

"We work together to look at new developments, to explore opportunities for peer support, to review and improve our services,

as well as to celebrate their success and achievements," she said

"We work together to create routes back into work, to challenge employers to give people a chance and to develop strong partnerships in the community for our organisation to thrive."

Last year, the charity supported more than 3,000

speaker's winter ball



A speaker from MIND addressed the audience



Rushanara Ali MP, right, drew the winning raffle entry



“I am very proud of the amazing work I have seen so far, and it gives me great pleasure to promote our successes to the people I meet when I am outside the borough.”

Speaker Cllr M.A. Mukit MBE

people and had in excess of 35,000 face-to-face contacts.

Shaman Islam, service manager, said the ball was an amazing event that had a good turnout.

She said service users and those working for the mental health organisation believe it is a real privilege to have been selected as one of the speaker's charities.

“It means so much to us and makes staff feel valued. It is incredible to have so much support from business who have given back to community, especially those experiencing mental health issues in Tower Hamlets,” Ms Islam said.

Visit www.mithn.org.uk

ST Hilda's Surjamuki Disabled Youth Project works with young people with learning and physical disabilities and aims to combat disadvantage and promote empowering opportunities.

Established in the 1980s, Surjamuki (Bengali for sunflower) offers regular activities, such as sports programmes, cooking sessions that promote self-sufficiency and cinema trips. The project is currently running an art programme in which young people are supported by artists to create publicly displayed sculptures.

Established by Cheltenham Ladies College Guild in 1889, St Hilda's East Community Centre in Club Row, Bethnal Green, runs 15 different projects and services, catering for all ages, from pre-school provision, youth work, free legal advice, a food co-op, mental health and carers' respite projects, to care for older people.

“With over 500 people using our services each week, our work makes a real and positive difference to the lives of a great many people,” said Rupert Williams, director of the charity.

“We are very grateful that the speaker is supporting St Hilda's. We are particularly delighted that he is raising funds for our disabled young people's group, Surjamuki, as

Speaker of the Council Cllr M.A. Mukit MBE, left, directed the proceedings

we are extremely proud of this project. “Surjamuki has run activities for nearly 30 years in Tower Hamlets and, during that time, has made a real difference to the lives of innumerable young people and a great many families and carers.”

He added: “Funds raised by the speaker will enable Surjamuki to continue running its inspiring and much-needed activities. Without this we would not be able to run our twice weekly youth sessions.”

Fatama Khatoon, Surjamuki co-ordinator, said the charity ball was a great event. “It was fantastic to see Surjamuki in the limelight. The money raised will make such a difference to what we are able to do.”

Users of the service agreed. “I am so happy. I really like sports activities and cinema. This means I can continue to take part,” Hamza said.

Visit www.sthildas.org.uk

A produce stall, below, run by the St Hildas Surjamuki Disabled Youth Project

■ To donate to the Speaker's charity fund call Patricia Attawia on 7364 4883 or email Patricia.Attawia@towerhamlets.gov.uk



A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, December 8

6.30pm: Licensing committee

Items for consideration include reports on sexual entertainment venues and gambling policy.

For details call Simmi Yesmin on 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

7pm: Audit committee

Business includes the revised audit plan, annual schools report, local government pension fund annual report and a progress report on the national fraud initiative. For details call Antonella Burgio on 7364 4881 or email antonella.burgio@towerhamlets.gov.uk

Wednesday, December 9

7pm: Health scrutiny panel

Will consider reports on advocacy and interpreting services in health, benefits

from health and social care commissioning, and health and social care integration. For details call Elizabeth Dowuona on 7364 4207 or email elizabeth.dowuona@towerhamlets.gov.uk

7pm: General purposes committee For details call Elizabeth Dowuona as above.

Thursday, December 10

7pm: Extraordinary, strategic development committee

For details call Zoe Folley on 7364 4877 or email zoe.folley@towerhamlets.gov.uk

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.



Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

E1 305-311 Commercial Road – details of bin store, bicycle storage and car parking of planning permission, ref: PA/15/2209. 504-506 Commercial Road – first-floor rear extension to match existing extension.

E2 65 Old Bethnal Green Road – replace PVC windows with timber, double-glazed units, enlarge basement and ground floor window, install roof-light and metal balustrade at rear roof elevation and create roof terrace.

E3 The Toyhouse Centre, 92 St Paul's Way – infilling of space under balcony to provide buggy storage space.

E14 Former London Arena, 36 Limeharbour – non-material amendment of planning permission, ref: PA/13/02644. New unit layouts at floors 43-45 and replace 3 x triplex units with four additional dwellings. 15 North Quay Place – temporary display of non-illuminated advertisements on construction hoarding surrounding land at North Quay, Aspen Way. 88 Narrow Street – details of construction management plan of planning permission, ref: PA/15/00895.

This is not a definitive list of planning applications – go to www.towerhamlets.gov.uk and click on Planning & Building.

Drug treatment providers

Community Drug Team Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1. 7790 1344 www.lifeline.org.uk

Nafas Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 www.lifeline.org.uk

Isis For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 www.compass-uk.org

Community Alcohol Team Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200 www.rapt.org.uk

Somali Substance Misuse Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

Award for air quality scheme

BY STEFAN SWIFT

A SCHEME to reduce air pollution in Tower Hamlets has romped home in the race for a national award.

The Zero Emissions Network (ZEN), which operates across the City Fringe, is run jointly by Tower Hamlets, Hackney and Islington councils.

The scheme was awarded the top prize in the air quality initiative category at the Energy Savings Trust 2015 Fleet Heroes awards, announced on November 26.

ZEN was established to improve air quality by helping businesses reduce pollution.

More than 700 companies have so far signed up for free

and have received energy-saving advice and eco-audits, which assess a business' heating, lighting, insulation, water usage and waste management processes.

The companies are also entitled to free membership of car clubs, discounts on electric taxis and trials of cargo-bikes and electric vehicles.

ZEN can help businesses save money, reduce pollution and improve the health of their employees.

ZEN was also a finalist in the local authority air quality initiative of the year category at the National Air Quality Awards and was nominated in the workplace projects category of Modeshift's Sustainable Travel Initiative Awards.

The scheme already won the top prize in the special judge's award for Community Innovation at the National Corporate Social Responsibility (CSR) awards earlier this year.

Cllr Ayas Miah, cabinet member for environment, said: "Many businesses have already joined the network and there is a real sense of community among the increasing number of members. "We encourage all of the businesses in the City Fringe to sign up to improve the environment and, as a result, save money."

ZEN is operated by the council's consumer and business regulations service.

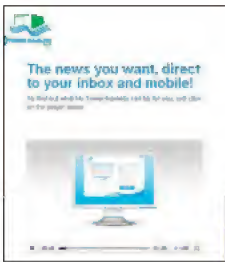
Call 8356 6113 or via email zen@towerhamlets.gov.uk

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Christmas on the Farm with The Salvation Army Saturday 12th December 2015 2-4pm Stepney City Farm Stepney Way, London E1 3DG FREE entry Seasonal Food • Live Nativity • Salvation Army Band

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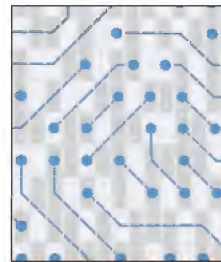
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Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

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Did you get it?

Last week's picture was of a building in Leamouth Road.

Council information

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance –
7364 5007
Employment & skills service
(Skillsmatch) – 7364 3727
Environmental health,
trading standards & licensing
– 7364 5008
Planning & development
– 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes
– 7364 5015
Healthline – 7364 5016
Anti-Fraud – 0800 528 0294

General enquiries

Council enquiries – 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice – 7364 3558
Homeless service – 7364 7474
Choice-based lettings
– 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you wish to speak to, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Report it!

To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)
24-hour domestic violence national helpline

0808 2000 247
Haven Whitechapel (sexual assault referral centre)

7247 4787
Karma Nirvana (Honour Network Helpline)

0800 5999 247
Broken Rainbow (LGBT domestic violence)

0845 260 4460
Black Women's Health & Family Support

8980 3503
Rights of Women

(legal advice)
7251 6577

Victim Support Line
0845 30 30 900
Victim Support Tower Hamlets
8555 8254
NSPCC Child Protection Helpline
0800 800 5000
Childline
0800 1111
Shelterline
0808 800 4444
Respect (for perpetrators)
0845 122 8609

Reunite (advice about child abduction)

0116 2556 234
Men's Advice Helpline
0808 8010 327
Samaritans
08457 909090

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

Trading standards
Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

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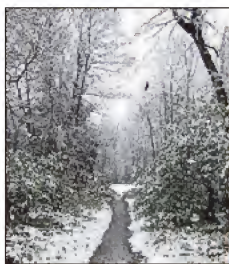
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Striking back

The News International strike in Wapping lasted for a year.

SEE BELOW



A winter wonderland walk

Admire the ivy, the holly, the red berries and robins on the annual walk at Tower Hamlets Cemetery Park. After, reward yourself with mulled wine, apple juice and festive food.

CONTACT@FOTHCP.ORG

Out & about guide

What's on where this week

Comedy

Namedroppers present Jim Davidson live interview

Joel Sanders will probe the comic about his latest controversies, then Jim will perform a routine. All proceeds to Care After Combat. Weds, Dec 9. 9pm. £15. The Backyard Comedy Club, 231 Cambridge Heath Road, E2. info@BackyardComedyClub.co.uk <http://backyardbar.co.uk>

Events

Over-50s Christmas tea dance

Entertainment by the Sunshine Kings and dance leader Tony Lane. Free, but booking is essential. Weds, Dec 9. 2-4.30pm. The Art Pavilion, Mile End Park, Clinton Road, E3. 7364 7900 festivalsandevents@towerhamlets.gov.uk

Osman's Xmas bazaar

Affordable art, priced £5-£50. Until Sun, Dec 13. 6-9pm. studio1.1, 57a Redchurch Street, E2. www.studio1-1.co.uk

Christmas concert 2015

Traditional carols followed by mince pies and mulled wine. All proceeds go to Crisis. Mon, Dec 14. 8pm. £6. The Space, 269 Westferry Road, E14. 7515 7799 www.space.org.uk

Spitalfields Music Winter Festival

Music, film screenings, pop-up dining and brand-new theatre. Until Tues, Dec 15. Various venues. 25 per cent off for under-26s, student tickets £5. 7377 1362 www.spitalfieldsmusic.org.uk

Solstice sessions

Yoga, music, art and meditation. Ten per cent of all proceeds will be donated to Hackney Winter Night Shelter. Sat, Dec 19. 3pm-late. £40/£30/£12.50. Stour Space, 7 Roach Road, E3. www.wearenova.com

Children's festive activities

Face painting, Santa's Grotto and art and craft workshops. Sat-Sun, Dec 12-13. Sat-Tues, Dec 19-24. 11am-5pm. Canary Wharf, 1 Canada Square, E14. 7418 2000 www.canarywharf.com

Winter wonderland guided walk

Annual walk at the cemetery park, followed by festive food. Sun, Dec 20. 2-4pm. Free. The Soanes Centre, Tower Hamlets Cemetery Park, Southern Grove, E3. 8983 1277 contact@fothcp.org

Exhibitions

David de Brito: When Sao Paulo and London Collide

Street artist de Brito tells his story of migration from Brazil to London, on canvas, wood and walls.

Until Fri, Jan 1, 2016. Free. Rich Mix, 35-47 Bethnal Green Road, E1. 7613 7498 www.richmix.org.uk

News International Wapping dispute

Exhibition from the point of view of sacked workers. Until Thurs, Feb 11. Check venue for times. Tower Hamlets Local History Library and Archives, 277 Bancroft Road, E1. 7364 1290 www.wapping-dispute.org.uk

Music

House Gospel Choir

Mix of traditional carols and modern festive hits. Thurs, Dec 17. 8pm. £15 plus £1.50 for non-members. Rich Mix, 35-47 Bethnal Green Road, E1. 7613 7498 www.richmix.org.uk

Olcay Bayir

Singer/songwriter Bayir's songs tell of Anatolian love and mystery. Fri, Dec 18. 8pm. £13/£11 advance plus £1.50 booking fee for non-members. Rich Mix, 35-47 Bethnal Green Road, E1. 7613 7498 www.richmix.org.uk



The Singing Ringing Tree

A selfless and naughty princess, a friendly prince who is turned into a bear, and an evil troll with designs on the kingdom all combine to tell a fast-moving tale of youthful optimism fractured through the kaleidoscope of this German fable. The princess' self-centred behaviour makes her ugly. The bear tells her that she will regain her beauty only if she changes her ways. Despite the troll's attempts to keep her and the prince apart, the magical and mysterious Singing Ringing Tree finally lives up to its name. Featuring fully integrated British Sign Language, this fast and funny family show is suitable for all audiences, deaf and hearing.

Sat, Dec 19. 11am and 2pm. £6. Half Moon Young People's Theatre, 43 White Horse Road, E1. 7709 8900 www.halfmoon.org.uk

Kids

Ballet for children

Every Thurs. Ages 2 1/2-3 1/2 years, 2-2.30pm; 4-6 years, 4.45-5.15pm. Alpha Grove Community Centre, Isle of Dogs, E14. nina.monteiro@hotmail.com

Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm. Tower Project, 45-55 White Horse Road, E1. naima@towerproject.org.uk 7790 9085

Kids' Creative Dance Classes

Mini-movers, 2-3yrs; leaps and strides I, 4-5yrs; leaps and

strides II, 5-6yrs; dash, 7-11yrs. Sat mornings. £44-49.50 per term or £4.50/£5 per term, plus concessions. Chisenhale Dance Space, 64-84 Chisenhale Road, E3 8981 6617 chisenhaledancespace.co.uk

Young & talented?

Performing arts group for 6- to 16-year-olds. Sats, 10.30am-1.30pm, term-time. Oxford House, Derbyshire Street, E2. 8556 5348

Parent & child

Dance play

Dance and movement, songs

and rhymes for parents/carers and their children aged 1-5 years.

Weds, 10.30-11.30am, term-time only. Cost £2 per child (in adv) or £3.50 drop-in. Language of Dance Trust, Oxford House, Derbyshire Street, E2. 7749 1131 info@lodc.org

Yoga for pregnancy and mums and babies

Pregnancy class suitable from 14 weeks. Mums and babies classes suitable from six weeks until baby is crawling. 07958 645978 www.clareday-yoga.co.uk

NEWARK WOMEN'S EVENT

Date: Thursday 10th December 2015 Time: 10am – 2pm

Location: Osmani Centre, 58 Underwood Road, London E1 5AW

Come along to this FREE event and meet other women from different backgrounds and participate in workshops related to women's issues.

You will have the opportunity to access information around health and wellbeing, how to stay safe, debt advice, employment advice, volunteering opportunities and meet community leaders.

Enjoy some lunch, have a massage and henna painting.



Contact Person: Halima Islam
Tel: 07960 913299
Email: info@newark.org.uk



Volunteer to preserve history of graves

Join members of the Friends of the East London History Society in their ongoing job to log the history of Tower Hamlets Cemetery Park's grave inscriptions. Second Sunday of the month, 2-4pm.

PHOTO: NATALIE CLARKE

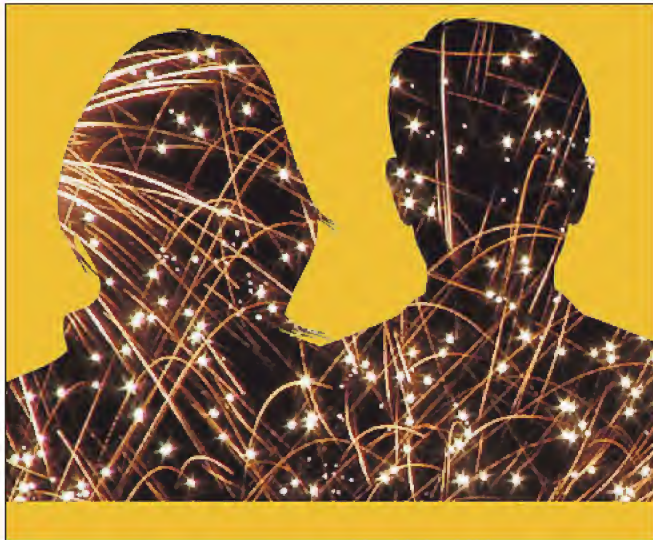


Book of Travels

Discover Evilya Celebi's 17th century journey in the Ottoman Empire.

WWW.RICHMIX.ORG.UK

Out & About



IT'S New Year's Eve and the last chance to say what you have to say, the last chance to seize the day, the last chance to lie to yourself – until next year.

Resolution is a bittersweet comedy-drama that intimately explores the fault lines of a modern relationship break-up back to their source.

Lucy and Jason wrestle with their concepts of what love should be and who they are to each other, as the clock ticks down to midnight.

The play runs at The Space in Manchester Road on the Isle of Dogs from Tuesday, 15 to Saturday, December 19.

Performances begin at 8.30pm and cost £14/£10 concessions. Call 7515 7799 or visit www.space.org.uk

Are you feeling festive yet?

COMMUNITY choir Sing Tower Hamlets is holding a Christmas concert featuring carols and other festive songs. Seasonal refreshments will be served.

All proceeds go to the Growth Night Shelter, an initiative by churches in Tower Hamlets to respond to homelessness

in the local community. The concert takes place on Wednesday, December 16 at 8pm at St Peter's Bethnal Green, St Peter's Close, E2.

Tickets are £8, £6 in advance. Visit www.singtowerhamlets.com or email singtowerhamlets.tickets@gmail.com

THE Museum of London Docklands is hosting an evening Christmas fair to help get you in the mood for the festive season. The museum has teamed up with Crafty Fox Market, which will be bringing 60 stalls packed with handmade products sold directly by makers. Organisers say you will be able to find the perfect Christmas gifts for family and friends from jewellery, prints and cards to ceramics and scented goodies. In addition to the market, you can also take part in workshops throughout the evening. With a festive barbecue

on the docks and warming winter cocktails, you can also take part in a scavenger hunt around the galleries to win tickets to museum events. The fair takes place on Tuesday, December 8, from 4-10pm. Entry is free but each scavenger hunt costs £2.50. The museum is at No 1 Warehouse, West India Quay, E14. Visit www.museumoflondon.org.uk/docklands/ for more details.

Right: Crafty Fox Market at the Museum of London Docklands
PHOTO: Yeshen Venema

Found sound lost in Trans-lation

BY JACQUELINE HARTHILL

MEET Dickie Beau, a London-based actor, physical performer and "intrepid drag fabulist" who is bringing his show of found sound to the borough.

The contemporary artist draws on many performance traditions including clowning, theatre, vaudeville, dance and mime.

Lost in Trans, which comes to Toynbee Studios in Whitechapel, was originally commissioned by the South Bank Centre and has previously visited Manchester, Liverpool and the City of Women Festival in Ljubljana, Slovenia.

In it, Dickie uses the drag tradition of lip synching to breathe new life into found sound, 're-writing' audio artefacts and playing them back through his body and 'channeling' voices he sees as being misplaced, misrepresented or misunderstood.

The script is unorthodox in that it was "digitally written" entirely from audio/visual



Dickie Beau uses many performance traditions in his show

artefacts. It even features never-before-heard audio footage from Marilyn Monroe's final interview.

Lost in Trans is at the studios at 28 Commercial Street, E1 on

Thursday and Friday, December 10 and 11. Shows start at 7.30pm, tickets are £12/£10 concessions.

For more details or to book, visit www.artsadmin.co.uk/events/3804



News in brief

Exotic adventures

EXPLORE the relationship between the Ottomans and Europe through coffee, music, architecture and dreams of radical thinkers from centuries ago.

In the 17th century, Evilya Celebi travelled across Europe and north Africa. Discover the journey through the eyes of Evliya and other adventurers on Sunday, January 3, at Rich Mix, 35-47 Bethnal Green Road, E1.

The show is free. Call 7613 7498 or visit www.richmix.org.uk

Grave history

JOIN members of the Friends of the East London History Society in recording grave inscriptions, and learn more about the 'occupants' of Tower Hamlets Cemetery Park.

The original documentation of burials and monuments was very poorly done during the time it was open, from 1841-1966.

Volunteers are welcome to join in, helping to preserve the history of the park and have the chance to learn about it.

Among those buried there are Labour MP Will Crooks and Alfred Linnell, a radical law-writer who was caught up in the aftermath of a socialist demonstration in Trafalgar Square, which became known as Bloody Sunday.

Grave research takes place on the second Sunday of the month, from 2-4pm.

Meet at the Soanes Centre, Tower Hamlets Cemetery Park, Southern Grove, E3. Call 8983 1277 or visit contact@fothcp.org

Raven Row show

THE Inoperative Community is an exhibition of experimental, narrative film and video.

The show bears witness to what Jean-Luc Nancy, in his 1983 essay of the same name, characterised as the "dissolution, the dislocation or the conflagration of community".

The exhibition runs until February 14, 2016, and is open Wednesday to Sunday from 11am-7pm.

Raven Row gallery is at 56 Artillery Lane, E1. Call 7377 4300 or visit www.ravenrow.org



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Eating out, eating in

Seafood Sunday has genuine star quality

BY GORDON BLUE

SUNDAY evening and the start of the working week looms. I can't think of a better place to be than atop one of London's best restaurants with a gin martini in one hand and a menu in the other.

It's not as chilly as you may think at The Boundary Rooftop, as there is a glassed-in area, which provides shelter from the colder extremes of winter.

The outside terrace is perky on brighter days and, looking at their tempting menu, would be a perfect brunch destination.

Those in the know see Sundays rather than Fridays as fish day, as the Boundary offers half-price seafood from 8pm.

This automatically exalts my Sunday Supper to film-star status and we start with cocktails and oysters. The rock oysters (6 for £6) are served glamorously on a bed of ice, on shell and with shallot vinegar, Tabasco and lemon wedges.

They are delightful as only oysters can be, like being



The Boundary Rooftop

smacked in the face by a fresh wave of Mediterranean sea.

The Silver Fox tucks into deliciously seared yellow-fin tuna (not really seafood, but for £9 rather than £18, who's quibbling?), which has been barbecued adding a rich, smoky dimension.

I have lobster and feel like a king. Perfectly cooked and served in its shell, I am very happy.

Frites accompanying both are in abundance and the perfect partner to seafood. As

we're on a roll, we have crème brulee and chocolate mousse with honeycomb for pudding.

I can still see my gently wobbling mousse, and taste the sweet honeycomb that perfectly counterpoints the bitterness of the chocolate.

The Silver Fox is delighted with his brulee: crisp, thin sugar shell, leading to vanillery depths of crème patissiere.

Service is munificent throughout, with nothing too much trouble for the friendly and

efficient staff. I had to wrench myself away into the cold night.

If only I were a film star, then I would stay in the Boundary Hotel below and never have to face the real world again.

This would be a perfect place for a super posh Christmas treat at half of the normal price. Two ate three courses, plus wine and cocktails, for less than £90 including service.

■ **Boundary Rooftop is at 2-4 Boundary Street, E2. www.theboundary.co.uk/rooftop**

So much better if you make them

THE festive season is upon us and, at Stepney City Farm café, we have started our homemade mincemeat production to fill our mince pies.

It's hard to resist eating the

first batch, still warm out of the oven, one of the reasons I think they are so much more satisfying than shop bought ones.

My recipe excludes alcohol and suet so can be enjoyed by everyone and still tastes great.

Festive farm mince pies

Ingredients

MINCEMEAT (four 300g jars)

175g currants

175g raisins

175g pitted dates

175g dried prunes

1 apple

125g butter/vegan spread, cut into cubes

50g chopped almonds

225g light muscovado sugar

1 tsp sweet mixed spice

2 oranges

Vanilla pod/tsp vanilla essence

SWEET PASTRY (makes 12 pies)

225g/8oz wholemeal flour

110g/4oz butter/vegan spread

80g/3oz cane sugar

Large egg or vegan alternative

Method

Mincemeat

1. Rind and chop the oranges and reserve the juice. Core and chop the apple.

2. Mix all the ingredients together with the orange juice.

3. Cook in a pan for ten minutes, stirring occasionally. Once cooled, the mincemeat can be stored for six months in sterilised jars.

Pastry

1. Crumb together the flour and fat. Add the sugar and egg, with a little water, milk or nut or soy

alternative, to form a dough.

2. Mix into a ball without overworking, then chill in the fridge for ten minutes.

3. Roll out the pastry and use a round cutter (about 10cm) to make the base of the pies. Put into a greased patty tin.

4. Re-roll the pastry and use a 7cm cutter to make lids.

5. Add a large tsp of mincemeat into each pie base and place a lid on top.

6. Cook in the oven at 200°C for 15-20 minutes.



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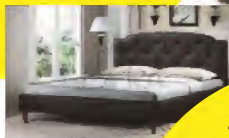
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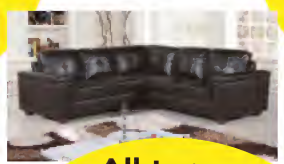
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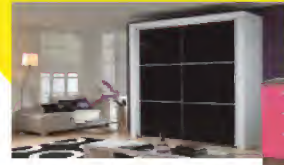


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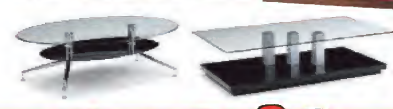


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Do you want to stop smoking in January 2016?

A new episode of the BBC Two series 'Horizon', presented by Dr Michael Mosley, is looking for volunteers in London to take part in an exciting new 'stop smoking' study.



Smokers will be asked to try to quit using one of 3 different methods over a period of 4 weeks, across January and early February.

To find out more, or to apply, please email us at **bbcstopsmoking@bbc.co.uk** Or call: **0141 422 6038**

(Standard geographic charges from landlines and mobiles will apply).

To apply you must be age 18 or over, smoke 15 or more cigarettes a day, not be pregnant or likely to become pregnant, be able to commit to 2 x Saturdays in January and 2 x Saturdays in February, to be happy to appear on TV and travel to a location within or close to Tower Hamlets at your own cost.

Make January 2016 a fresh start and join us, it could be the single greatest step you could take to improve your health.



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right bin
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Ilaria
Bethnal Green



Black bag = Black bin = Rubbish

Pink bag = Purple bin = Recycling

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Recycle
right!



IMPORTANT NOTICE FOR ALL ADVERTISERS

We would like to remind you that from **11 January 2016**, East End Life will be published fortnightly and our booking deadlines and copy deadlines will be changing.

PUBLICATION DATES 2016	BOOKING DEADLINES		COPY DEADLINES
11 January	ROP/Display, Training/Recruitment	22 Dec at midday	4 Jan at midday
	Public Notices	5 Jan at midday	6 Jan at midday
25 January	ROP/Display, Training/Recruitment	15 Jan at midday	18 Jan at midday
	Public Notices	19 Jan at midday	20 Jan at midday
8 February	ROP/Display, Training/Recruitment	29 Jan at midday	1 Feb at midday
	Public Notices	2 Feb at midday	3 Feb at midday
22 February	ROP/Display, Training/Recruitment	12 Feb at midday	15 Feb at midday
	Public Notices	16 Feb at midday	17 Feb at midday
7 March	ROP/Display, Training/Recruitment	26 Feb at midday	29 Feb at midday
	Public Notices	1 March at midday	2 March at midday
21 March	ROP/Display, Training/Recruitment	11 March at midday	14 March at midday
	Public Notices	15 March at midday	16 March at midday

PLEASE CONTACT THE SALES TEAM TO RESERVE YOUR SPACE

► **Christine** 020 7364 4994 ► **Fatima** 020 7364 4623 ► **Terri** 020 7364 4682 ► **Sharan** 020 7364 4061

Five ways you can help homeless people in Tower Hamlets this Christmas



Rough sleeping and homelessness is an issue up and down the country. The amount of people sleeping rough in Tower Hamlets is low due to the hard work of outreach and other services both in and out the council. Despite this, more work needs to be done.

Here are a few tips on how you can help this Christmas.

1 Keep the Streetlink website loaded on your phone

Streetlink is a website that enables the public to alert councils about people sleeping rough. This is the first step that someone can take to ensure that rough sleepers are connected to local services and get the support that is available.

You can also download the Streetlink app from the iTunes app store.

2 If not, let Tower Hamlets Council know

Make sure you are aware of our homelessness and housing options services. Find out more on our website.

If someone is homeless or sleeping rough, they can contact us to find out what housing options are available to them. Once in touch with us, they can access useful help and advice.

3 Invest money into charities that deal with homelessness

It might seem controversial but pressing a pound into the hand of a homeless person for them to buy a hot drink won't help them. Rough sleepers are among the most excluded people in society. Many have been in care as children or in prison as adults. They often suffer with mental and physical health issues. Money won't fix these problems.

It's better to donate to charities like Providence Row, Thames Reach, and bigger national charities like Shelter or Crisis. They all campaign with the government to explore ways of alleviating these issues. They also support homeless people – training them for work, providing resource centres, housing and feeding them. Your money will go further with these charities.

4 Volunteer your time and help people suffering homelessness

How you can help depends very much on your experience. Just contact one of the homeless charities and offer your time. You may have specific skills that can be used but often it is about just being there.

Whatever you want to do, your contribution can have a real impact on the people who may be facing sleeping on the streets.

Contact Thames Reach or Providence Row to find out how you can help locally.

5 Don't demonise these people! This could happen to anyone

The people sleeping rough are no different to anyone else. They've just had a hard time in their lives and are extremely vulnerable. Demonising them doesn't help.

Homeless Link have a page full of research which shows what is happening on the ground, and identifies what is working and what isn't when it comes to tackling homelessness.

SINGLE HOMELESSNESS in Tower Hamlets*

1,889

In total, 1,889 single people experienced homelessness



Every **52** minutes someone in the single adult population in Tower Hamlets has an experience of homelessness which they report to the council.



66.2%
were men



33.8%
were women

The **largest** group of single adults experiencing homelessness were Asian-Bangladeshi. **714** were reported homeless



4.5% were over
61 years old

27.1% were
aged 26 to 35

The second largest group experiencing homelessness defined themselves as English **461** people in total

* These are figures based on 2014/15 numbers.

For more information on homelessness in Tower Hamlets, visit:
<http://goo.gl/wAh97Y>



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Halima Islam on
020 7392 2121 / 07960 913 299
or email newark.youth@yahoo.co.uk

Activity: Study Support in English & Maths
Day: Every Sunday **Time:** 10 – 12pm
Venue: Redcoat Community Centre, 256 Stepney Way, E1 3DW



Women into Work

Are you from Tower Hamlets and looking for work?
Do you need help with Job Search?

Do you need support with CV & Job Application Forms? Do you need help with interviews?

Do you want to attend training courses?
Do you want to go on work placement or volunteer?

We can help you

**Contact Rubia Khanom on
020 7392 2121 or email
khanom786@live.co.uk**

Public notices

LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – BEACHY ROAD E3

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Beachy Road, for a distance of approximately 50 metres, south-west, from its junction with Stour Road;

Reason: To allow works to be carried out on the public highway by Road Traffic Solutions;

Alternative Route: For vehicular traffic will be via Smeed Road, Stour Road and Beachy Road and vice versa;

Period: On the following two Sundays:

- On Sunday 13th December 2015 from 10:00 hours until 18:00 hours;
- On Sunday 10th January 2016 from 10:00 hours until 18:00 hours.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 7th December 2015

**SIMON BAXTER
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – NORWAY PLACE E14

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets made an Order, which will continue in force, the following temporary prohibition:

Location: Norway Place, south of Commercial Road;

Reason: To allow diversion of vehicular traffic onto the public highway while essential works are carried out on the private road or street of Wharf Lane;

Prohibition: When the existing "no entry" traffic sign are covered, temporarily suspend the "no entry" traffic sign from the private road or street into Norway Place;

Alternative Route: Via Commercial Road and Norway Place and vice versa;

Period: From Saturday 19th December 2015 to Sunday 8th May 2016.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Clean, Green and Highways on 020 7364 6671 or email, john.parsons@towerhamlets.gov.uk

Dated: 7th December 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

LONDON BOROUGH OF TOWER HAMLETS

**THE TOWER HAMLETS
(WAITING AND LOADING)
(NO.1) ORDER 2015 (AMENDMENT NO. 9) ORDER 2015**

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets on 07th of December 2015 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.

2. The general effect of the Orders would be to in:

a) Poplar High Street –

i) To upgrade Single Yellow Line to Double Yellow Line outside no.244 and 258.

ii) To upgrade Single Yellow Line to Double Yellow line with 'At Any Time' Loading Restriction between no.246 and 256.

3. The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2 above.

4. A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the offices of the at the Parking Services Offices, 585-593 Commercial Road, London E10HJ (0207-364 6949), during normal office hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.

5. Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing or Email: parking.development@towerhamlets.gov.uk of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 7th December 2015

**SIMON BAXTER
SERVICE HEAD
PUBLIC REALM**

To place your Public notices in East End Life

call...

**Terri on 7364 4682
Chris on 7364 4994
Fatima on 7364 4623
Sharan on 7364 4061**

THE LONDON BOROUGH OF TOWER HAMLETS (BLACKWALL REACH) COMPULSORY PURCHASE ORDER 2013 THE ACQUISITION OF LAND ACT 1981

- The London Borough of Tower Hamlets (Blackwall Reach) Compulsory Purchase Order 2013 which has been submitted by the London Borough of Tower Hamlets to the Secretary of State for Communities and Local Government for confirmation includes the land described in the Schedule.
- The land to be acquired forms part of open space.
- Notice is hereby given that the Secretary of State in exercise of his powers under section 19 of paragraph 6 of Schedule 3 of the Acquisition of Land Act 1981 has certified that he is satisfied that there will be given in exchange for the land described in Schedule 1 hereto, being an open space within the meaning of the said Act, the land described in Schedule 2 hereto, which is not less in area and is equally advantageous to the persons, if any, entitled to rights of common or other rights, and to the public, and that the land to be given in exchange will be vested in the persons in whom the said open space is vested, and subject to the like rights, trusts and incidents as attach to the open space.
- The Secretary of State has certified that he is satisfied that the land described in Schedule 3 hereto, being an open space within the meaning of the said Act, is purchased in order to improve its management.
- A map showing the land to which the certificate relates and the land proposed to be given in exchange may be inspected at the Council's offices: Town Hall, Mulberry Place, 5 Clove Crescent, London, E14 2BG and may be seen at all reasonable hours. Please contact Sabaj Uddin, Regeneration Officer, on (020) 7364 2435 to arrange an inspection or for any queries.
- The certificate becomes operative on the date on which this notice is first published. A person aggrieved by the certificate may, by application to the High Court within 6 weeks from that date, challenge its validity on the ground that there has been a failure to comply with any relevant statutory requirement relating to the certificate.

SCHEDULE 1

- Approximately 901.6 square metres of open space forming part of Millennium Green, numbered 61 and shown coloured blue on the map referred to above.
- Approximately 1,159.9 square metres of open space forming part of Millennium Green, numbered 71 and 74 (71 & 74 are contiguous) and shown coloured blue on the said map.

SCHEDULE 2

- 1472.1 square metres of exchange land, numbered 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 134 and shown coloured green on the said map.
- 597.6 square metres of exchange land numbered 135 and 136 and shown coloured green on the said map to be vested in the Millennium Green Trust.

SCHEDULE 3

- Approximately 5336.1 square metres of open space forming part of Millennium Green, numbered 59, 60, 62 & 70 and shown coloured grey on the said map.

SIGNED: Melanie Clay, Corporate Director of Law, Probity & Governance and Monitoring Officer

DATED: 7 December 2015



LONDON BOROUGH OF TOWER HAMLETS

The Tower Hamlets (B4 Parking Places) (No.1) Experimental Order 2015

The Tower Hamlets (Waiting & Loading Restriction) (No.1) Experimental Order 2015

The Tower Hamlets (Loading Bays) (No.1) Experimental Order 2015

The Tower Hamlets (Free Parking Places) (Disabled Persons) (No. 1) Experimental Order 2015

The Tower Hamlets (Motorcycle Bays) (No.1) Experimental Order 2015

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets on the 7th December 2015 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by the Local Government Act 1985 and the Road Traffic Act 1991.

2. The general effect of the Orders will be to introduce Controlled Parking (operating between 8.30am and 7.30pm Monday to Saturday) in the Fish Island area of the borough by way of:-

(i) Shared-use (Pay by Phone and Any Permit Holder) parking places at various locations in Beachy Road, Crown Close, Dace Road, Hepscott Road, Monier Road, Rothbury Road, Smeed Road, Trego Road, White Post Lane and Wyke Road;

(ii) Shared-use (Pay & Display and Any Permit Holder) parking places in Dace Road and White Post Lane;

(iii) Resident Permit Holder parking places at various locations in Dace Road, Roach Road and Wick Lane;

(iv) Permit Holder parking places at various locations in Autumn Street, Beach Road, Bream Street, Dace Road, Hepscott Road, Iceland Road, Maverton Road, Remus Road, Rothbury Road, Stour Road, Trego Road, White Post Lane, Wick Lane and Wyke Road;

(v) Loading Only parking Bays in Dace Road and White Post Lane;

(vi) General Use Disabled Bay in Dace Road and White Post Lane;

(vii) Zone Time (8.30am – 7.30pm Monday to Saturday) Waiting Restrictions, i.e. Single Yellow lines in Atley Road, Autumn Street, Beachy Road, Bream Road, Crown Close, Dace Road, Davey Road, Hepscott Road, Iceland Road, Maverton Road, Monier Road (between Smeed Road and Roach Road), Riverside Wharf, Roach Road, Rothbury Road, Smeed Road (between Monier Road and Dace Road), Trego Road, Wallis Road (so much as lies within the boundary of the London Borough of Tower Hamlets), White Post Lane and Wyke Road, except in designated parking bays; All the existing Double Yellow Lines will remain as applying ‘At Any Time’.

(viii)Motorcycle Bays in Dace and Roach Road.

3. The Regulations and usual exemptions imposed by the governing Traffic Management Orders will apply to the proposals referred to in paragraph 2 above.

BAND	ENGINE SIZE (cc)	CO2 EMISSIONS (G/KM)	Resident Permit Charge (£)		Business, Contractor, Doctor and Public Service Permits Charge (£)		
			6 Months	12 Months	3 Months	6 Months	12 Months
Motor Cycles	Any	Any	-	16	-	-	-
Electric	n/a	n/a	6	6	7	7	7
A	-	<=100	6	6	229	340	549
B	<=1100	101-120	29	46	242	360	582
C	1101-1300	121-150	35	57	262	387	621
D	1301-1600	151-165	46	80	288	426	687
E	1601-1800	166-185	57	102	290	460	696
F	1801-2000	186-225	69	125	313	464	751
G1	2001-3000	226-325	80	141	327	484	784
G2(*)	>3000	>325	91	170	340	499	817

(*) Multi-vehicle permits and permits for foreign-registered vehicles are charged at Band G2. Foreign-registered vehicles are only eligible for 6-month permits.

MARKET TRADER PERMIT CHARGE (£)	OTHER PERMITS CHARGE (£)	Scratch Cards			
		Type	Time permitted per scratch card	Scratch cards per book	Charge per book (£)
3 months - 173	Car Club - 206 / year	Business	20 minutes	15	22
6 months - 292	Daily Contractor - 25 / day	Market Trader	1 day	5	26
12 months - 475	Temporary Resident - 6 / day	Public Service	3 hours	10	37
		Resident visitor	6 hours	10	15

Pay & Display and Pay by Phone hourly charge: £3.40

4. The orders provide that in pursuance of Section 10(2) of the Road Traffic Act 1984, the delegated authority of Tower Hamlets, or some person authorised in that behalf, may if it appears essential in the interests of the expeditious, convenient and safe movement of traffic or for preserving the amenities of the area through which any road affected by the Orders runs, modify or suspend the Orders or any provision thereof.

5. A copy of each of the Experimental Orders and all relevant documents including drawings showing the location of/ types of controls and Restrictions which come into force on the 14th December 2015 can be inspected, by prior appointment, during normal office hours on Monday to Friday inclusive until such time as the Orders cease to have effect at: the offices of the Parking Services Section, 585 – 593 Commercial Road, London E1 0HJ (0207-364 6949).

6. The Council will be considering in due course whether the provisions of the Orders should be continued in force indefinitely by means of permanent Orders made under section 6,45,46,49 and 51 of the Road Traffic Regulation Act 1984. Any person may object to the making of the permanent Orders for the purpose of such indefinite continuation within a period of six months beginning with the day on which the above mentioned Orders come into force or, if the orders are varied by other Orders or modified pursuant to section 10(2) of the 1984 Act, beginning with the day on which the latest variation or modification came into force. Any such objection must be made in writing and must state the grounds on which it is made and sent to the same address in paragraph 5.

7. If any person wishes to question the validity of the Orders or of any of their provisions on the grounds they are within the powers conferred by the Road Traffic Regulation Act 1984 or that any requirement of that Act or of any instrument made under that Act has not been complied with, that person may, within 6 weeks from the date on which the Orders are made, apply for the purpose to the High Court.

Dated this: 7th December 2015

SIMON BAXTER

INTERIM SERVICE HEAD, PUBLIC REALM

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Flat 18, James Brine House, Ravenscroft Street, London, E2 7QQPA/15/03041

A proposed extension is to be provided which will allow for the existing living/dining room to be remodeled to include an additional bedroom.

Flat 16, Vancouver House, Reardon Path, London, E1W 2PFPA/15/03133

Installation of two new windows on south facing elevation of the mansard roof, one additional window in the bedroom and one in the storage room.

65 Old Bethnal Green Road, London, E2 6QAPA/15/03188

Replacement of pvc windows with timber double glazed units; enlarge rear basement and ground floor window; installation of rooflight; installation of metal balustrade at rear roof elevation; creation of private roof terrace.

Unit 1, Execution Dock House, 80 Wapping High Street, London, E1W 2NEPA/15/03230

1 hanging sign 2 Fascia signs at low level beneath the existing windows

91 Ashfield Street, London, E1 2HAPA/15/3228

The proposal incorporates a single-storey rear side infill extension at ground floor level and interior alterations.

60A Cephas Street, London, E1 4AXPA/15/03239

Retrospective consent to replace rear door and window with aluminium bi-fold doors.

504-506 Commercial Road, London, E1 0HYPA/15/03212

Proposed first floor rear extension to no.506 commercial road to reflect and match the existing first floor rear extension at no.504 commercial road.

504-506 Commercial Road, London, E1 0HYPA/15/03210

Alterations To 1st Floor Frontage Of Nos 504-506 Commercial Road & Shopfront Of No.504 Commercial Road

Tower Bridge, LondonPA/15/03222

Internal changes to lobbies located between walkway links and towers.

Wellington Way Health Centre, 1A-1B Wellington Way, London, E3 4NEPA/15/03192

T1: Large Sycamore - Crown Reduce by 2-3m, Crown lift to 3m

The Greenwich Pensioner, 28 Bazely Street, London, E14 0ESP/15/03196

Refurbishment of the existing public house to include the erection of a mansard roof extension; to provide accessible toilet facilities at ground floor; kitchen and storage facilities at first floor and staff accommodation including new manager's flat with associated rear roof terrace at second floor.

383-387 Mile End Road, London, E3 4QSP/15/03194

The proposal is to change the opening hours of the store from 06:00-23:00hrs to open 24hrs a day.

Landons Close, Jamestown Harbour Estate, LondonPA/15/02893

Erection of electronically controlled security gates

Lancaster Drive And Bridge House Jamestown Harbour, Bridge House Quay, LondonPA/15/02894

Erection of Electronically controlled security gates for vehicular and pedestrian access.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 7th December 2015

OWEN WHALLEY

Head of Planning and Building Control



28

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

7 – 13 DECEMBER 2015

Public & Legal Notices

LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 15(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2015 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

58-66 Cheshire Street, London, E2

PA/15/02604

Variation of condition 2 (approved drawings) of pp PA/11/00519 (Erection of four storey building with basement, incorporating part frontage of existing building, to provide cafe (Use Class A3) at ground floor, together with art gallery (Use Class A1) and 12 x residential apartments (Use Class C3) comprising 3 x 1-bed, 6 x 2-bed and 3 x 3-bed.).

Variation relates to change of use of ground and basement from art gallery (sui generis use) and cafe (A3) to office (B1).

25 Cabot Square, London, E14 4QA

PA/15/03135

External alterations, extensions and refurbishment to the existing building comprising infill of terraces on levels 9 and 14 and internal refurbishment on levels 8-14, relocation of gym as well as alterations to the facade at ground floor level and reconfiguration of the ground floor to provide to provide 1,890 sqm of additional office accommodation and 972sqm of retail (A1/A3) floorspace, as well as provision of associated plant.

25 Cabot Square, London, E14 4QA

PA/15/03138

External alterations, extensions and refurbishment to the existing building comprising infill of terraces on levels 9-12 and extensions to level 9-10, three storey roof extension above level 14 and internal refurbishment on levels 8-14 to provide 6,666 sqm of additional office accommodation, alterations to the facade at ground floor level, and reconfiguration of the ground floor to provide 972sqm of retail (A1/A3) floorspace, as well as provision of associated plant.


Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Dated 7th December 2015

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



Public & Legal Notices

LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990 (AS AMENDED)

TOWN & COUNTRY PLANNING (ENVIRONMENTAL IMPACT ASSESSMENT) REGULATIONS 2011 (AS AMENDED) - REGULATION 22

Reference: PA/14/03548 Application received:19th December 2014

PROPOSED DEVELOPMENT OF LAND AT:
Land bounded by Elder Street, Folgate Street, Blossom Street, Norton Folgate, Shoreditch High Street and Commercial Street, E1

PROPOSED DEVELOPMENT: Redevelopment of the former Nicholls and Clarke urban block and adjoining former depot site, Loom Court and land and buildings north of Fleur de Lis Passage and Fleur de Lis Street, including retention and refurbishment of buildings, for commercially led mixed use purposes comprising buildings of between 4 and 14 storeys to provide B1 (office), A1 (retail), A3 (restaurants and cafés), A4 (public house) and 40 residential units; together with new public open spaces and landscaping, new pedestrian accesses, works to the public highway and public realm, the provision of off-street parking, and all necessary ancillary and enabling works, plant and equipment. (AMENDED PLANS RECEIVED showing retention of 12-13 Blossom Street Warehouses as separate buildings)

I give notice that DP9 on behalf of British Land Property Management Limited has submitted 'further information' supplementing the Environmental Statement in relation to the above application, to the London Borough of Tower Hamlets Mulberry Place, 5 Clove Crescent, London E14 2BG.

The Environmental Statement and 'further information' is available for viewing by members of the public at all reasonable hours at the Council offices (address as below), and also on the Council's web site at www.towerhamlets.gov.uk. The Council offices are open for the public - Monday to Friday 9am to 5pm. The latest date that this will be available for inspection will be 24th December 2015


Copies of the 'further information' may be obtained at a charge from the Council offices (address as below) - copies may be obtained so long as stocks last. The charge for copies is provided on the Council's website: http://www.towerhamlets.gov.uk/lgsi/451-500/485_planning_applications/planning_application_fees_and.aspx

Any person who wishes to make representations regarding the application and the additional information should write to the London Borough of Tower Hamlets Planning Service at Development & Renewal, Town Hall, Mulberry Place, 5 Clove Crescent, London E14 2BG within 21 days beginning with the date of this notice.

Dated: 7th December 2015

OWEN WHALLEY

Service Head – Planning and Building Control



Public notices

LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – POPLAR BATH STREET E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having consulted with Transport for London, proposes to make an Order, which will prohibit vehicular traffic from entering or proceeding the following temporary prohibition:

Location: Poplar Bath Street to the southernmost end from its junction with East India Dock Road;

Reason: To allow essential works to be carried out on the public highway by Baldwin's Crane Hire;

Alternative Route: There are no alternative routes for vehicular traffic as it is a cul-de-sac or dead end street;

Period: On the following weekdays:
a) Tuesday 5th January 2016 and Wednesday 6th January 2016;
b) Tuesday 12th January 2016 and Wednesday 13th January 2016;
c) Tuesday 19th January 2016 and Wednesday 20th January 2016;
d) Tuesday 26th January 2016 and Wednesday 27th January 2016.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Clean, Green and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 7th December 2015

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

PUBLIC NOTICE

NOTICE OF APPLICATION FOR A PREMISES LICENCE

NOTICE IS HERBY GIVEN

THAT Mr Afzol Hussain has applied to the London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

Premises: 76 Brick Lane Chillies Restaurant.
Opening times: Mon-Sat, other than Christmas Day, Good Friday or New Year's Eve: open 10.00-24.00, service of Alcohol to 23.30.
On Sundays, other than Christmas Day, Good Friday or New Year's Eve: 12.00 Noon-23.00. Service of Alcohol until 23.00.
On Christmas Day 12.00 Noon-23.30. On New Year's Eve and Good Friday, except on a Sunday, 10.00-24.00.

Anyone who wishes to make representations regarding the application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, 5 Clove Crescent, Lodon E14 2BG. Website: www.towerhamlets.gov.uk Tel:020 7364 5008. Representations must be made no later than end of 29/12/2015.

The Application Record and Register may be viewed 10.00am and 4.00pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)

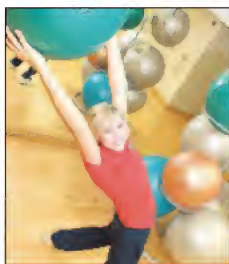
Why you should read Public and Legal notices.

These notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

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WWW.BETTER.ORG.UK



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WWW.GLL.ORG

Sport

Basketball Lions tamed

London Lions...65
Leicester Riders...77

LEICESTER Riders have the upper-hand in their BBL Cup semi-final with London Lions after claiming a 77-65 first leg victory at the Copper Box.

TrayVonn Wright led the way with 14 points for the visitors while Nick Lewis led the charge for London with 13.

The Riders produced a strong defensive display in the final quarter to gain a 12-point advantage heading into the second leg.

Lions missed a handful of opportunities as Leicester led at 60-71 and, in a frantic final couple of minutes, the Riders were able to increase their advantage to give them a cushion at home.

Rowing Oarsome dry land

THE British Rowing Indoor Championships will take place at east London's Lee Valley VeloPark on Saturday, December 12.

Competitors of all levels, from novices to Olympians, can pit themselves against the clock and each other in a range of races that are a test of strength, speed and determination.

The Lee Valley VeloPark will be transformed for one day of fast and furious indoor rowing action. As well as the 2km races, a new 500m sprint has been added to the line-up.

Roller Derby Rock stars' battle

BRACE yourselves for a fierce roller derby grudge match between various teams from the London Rockin' Rollers, in the 2015 Intraleague tournament.

It will be a tight competition of all female, full contact roller derby.

Got to [facebook.com/londonrockinrollers](https://www.facebook.com/londonrockinrollers) and twitter.com/Rockin_Rollers for updates and commentary.

Tickets, priced at £15 for adults and £5.50 for children, are available at www.wegotickets.com/event/338316

Ladies go ten points clear

BY PETER FAULKNER

Canterbury...0
Wapping Ladies 1s...1,

WAPPING stormed ten points clear at the top of the East Division 1S league table to go into the Christmas break as hot favourites for the title.

Wapping started the match well with some great drives forward from the midfield, held strongly by Becky Hart, Belinda Armstrong and captain Lucy Todd.

Under sustained pressure, Canterbury's defence eventually buckled, leading to a goal just before half-time from Kate Radford.

Canterbury came back at Wapping in the second half and there were some tense moments, including a goal line save by Charlotte Keizer.

However, Wapping retained control to finish on top.

■ The ladies' second team were on fire as they pulled off a stunning 9-1 victory over Bexley and Belvedere, to climb to third in East Division 2SE.

The star of the show was not player-of-the-match Emily Ballinger, but hat-trick hero Lotta Paulus.

She was well supported by two-goal Becky Clark and the other scorers – Barbara Lo Giudice, Louise Song, Jess Sturgeon and Natasha Close.



Ben Stump scored for Wapping men

PHOTO: Karolin Schaps-Bolle

Stump strike cancelled out as Wapping are held

Wapping men 2s...1, Old Southendian 1s...1
THIS top-of-the-table clash at the Lee Valley stadium was every inch a game of two halves.

Wapping started the brighter, testing the visiting defence early with their movement and stick skills.

After 15 minutes of dominance up front, the hosts made a breakthrough from open play.

Ben Stump started and finished the move, passing and arriving at the top of the D to get on the end of the ball

on the penalty spot, before slotting home. Wapping maintained their dominance in the final third but, after the goal, the visitors started to match their attacking threat.

After the interval, the Wapping defence came under sustained pressure as Old Southendian pressed for an equaliser.

They were forced into conceding several penalty corners, the fourth of which came after ten minutes and was converted by the visitors.



East London ladies 1st...3
Tunbridge Wells 2nd...0

EAST London continued their fine form with their third win in three games. East found their stride quickly, passed accurately and defended stubbornly, conceding only three penalty corners. The first goal was from a penalty corner taken by Grace Lant, which Lucy Foxall (pictured) deflected in. Emily James then got in on the act, before Foxall scored again. The win means that, in a congested top half of the division, East London are sixth and only two points behind the leaders. The only blot on the performance were cards for Karen Allen and Eilis Quinlan.

East's cup run ends in penalty shootout woe

Hockey

Old Loughtonians 2nd...2
East London men's 2nd...2
(Loughts win on penalties)

EAST London travelled to Essex for their third round tie in the England Hockey 2nd XI Cup.

And they started the better side, had more chances and could have been awarded penalty strokes in the first 15 minutes.

A strike from Ben Howson put them on the scoreboard but they finished the half one down.

The second 35 minutes saw a fierce battle but no goals.

Then, in the dying seconds, East London were awarded a penalty corner which Joe Green put away to take it to penalties.

With the game tied after the first five, it was Green who missed during sudden-death.

Other highlights

THERE were hat-tricks for John Lyness for the men's 2s against the 3s, and for Jordan Green in the men's 7s for whom Michael Amadasun scored his first goal for the club.

Other results men

East London 1s...2, Bishop's Stortford 1s...4; East London 2s...6, East London 3s...2; East London 4s...0, Chelmsford 3s...6; East London...5s...1, Romford 1s 4; East London 6s...3, Chelmsford 5s...0; East London 7s...2, Romford 2s...2; East London 8s...7, Crostyx 4s...2.

Other results ladies

East London 2s...0, Crostyx 2s...1; East London 4s...0, Old Loughtonians 5s...0; East London 5s...0, Wapping 6s...1; East London 6s...4, East London 7s...0.



Hammer your skills into shape

Free coaching sessions for 16- to 25-year-olds, male and female, are being delivered by West Ham United coaches every Friday at Stepney Green AstroTurf, from 4-5pm.

SEE BELOW

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

High fives all round as Tower Hamlets hit form at long last

SOCCER ROUND-UP
BY PETER FAULKNER

Tower Hamlets...5
Enfield 1893...2

TOWER Hamlets fought back from 2-1 down at Mile End Stadium to beat Enfield 1893.

It gave the home side back-to-back wins and pushed them up to 13th in the table, level on points with their ground-sharing rivals Sporting Bengal.

Hamlets went ahead after four minutes, thanks to Thomas Abalo's strike, but Garry Matthew levelled for the visitors ten minutes later.

Hamlets then found themselves behind after 34 minutes through Ashley Blackburn but, in first-half stoppage time, Sunday Wasiu netted the leveller.

Wasiu then grabbed his second of the game seven minutes into the second half to put the hosts in front again and, three minutes later Rahim Adama Bamba got a fourth.

Tower Hamlets were rampant as the match drew to a close and the goalscoring wasn't quite over.

On 76 minutes Bamba got his second of the afternoon leaving Enfield languishing second from bottom on goal difference.

Prolific Tunde sees Sporting to victory

Sporting Bengal 2
Wadham Lodge 1

IT'S been quite a week for Sporting Bengal with a win and a draw taking them to 12th place in the Essex Senior League table.

They celebrated their first league win in eight outings after a 2-1 success over high-flying Wadham Lodge at Mile End Stadium mid-week.

Goals from Abdisamad Mohammed then Tunde Adewunyi – 14 goals in 13



Tower Hamlets WFC

Cows hit by late Swans strike

Tower Hamlets WFC...0
West Wickham Swans...1

TOWER Hamlets were unfortunate to leave windswept Millwall Park with nothing after a fine performance against top-of-the-table Swans.

The east Londoners, nicknamed The Cows, fielded a strong side and a new-look defence with Camilla Cullen,

Hannah Griffiths and Holly Boatright adding strength and structure.

Tower Hamlets tried to use the weather to their advantage in the first half, but couldn't take advantage of any of the chances they created.

Despite playing into the wind, Tower Hamlets started the second half the brighter and were comfortably

containing the league leaders but, with 15 minutes left, Swans took the lead with a fine shot into the corner.

■ Tower Hamlets Reserves WFC continued their winning streak with a 2-1 success against league high flyers Leyton Orient Development. Goals came from Nikita Thomas and Lauren Swick. Player of the match was Alex Reid.

games – gave them victory even though Charlie Georgiou hit back for the visitors with a quarter of an hour remaining.

The hosts were reduced to 10 men when Bordzan was sent off for a bad tackle, but managed to hold on to their lead.

Then on Saturday, in a classic end-to-end encounter, they played their part in a six-goal thriller at Ilford, drawing 3-3 with their Cricklefields hosts.

Ilford took the lead through Dan Jones then Yacine Teladjati levelled with a brilliantly struck free-kick.

Ilford duo Chris Stevens and Paul Clayton each added one apiece with Abdisamad Mohamed replying for Sporting.

Sporting earned a share of the spoils when Javier Riviera

latched on to a clearance and blasted home a spectacular 30-yard rocket.

Hamlets cruise

FC Hamlets 3
Old Barkabbeyans 0

FC HAMLETS maintained their recent return to form with another fine Essex Olympian League win.

At times Hamlets played some of their best football of the season and broke the deadlock in the 24th minute.

A through ball from Ashaan Siddik found Jay Morris, who dinked the ball over the on-rushing keeper.

Hamlets continued to attack, but squandered several chances before doubling their lead in the

38th minute, through player-manager Ashley King.

Hamlets started the second half in much the same manner and went three up after John Gilroy went for a run and scored emphatically.

Hamlets took their foot off the pedal slightly but a solid all-round performance saw them home comfortably.

Community kick-off

QUEEN Mary Students' Union Community Sport, funded by the FA and Sportivate, have been working with the London FA and West Ham United Foundation to provide opportunities for community football.

The collaboration began with a free football tournament

month for 16- to 25-year-olds. Six teams took part, including Tower Hamlets College, several Queen Mary Students' Union groups, and Newham College.

Despite the dodgy weather, the tournament was played in good spirit and, after a goalless draw, Newham won a sudden death penalty play-off in the final beating one of the Queen Mary teams.

The tournament marked the first of a series of free sessions delivered by West Ham coaches every Friday.

The events are open to anyone aged 16-25, male or female, at Stepney Green AstroTurf, from 4-5pm and will pause for a Christmas break after December 18.

Boxing round-up

York Hall plays host to the Contenders

YORK Hall, Bethnal Green, is the venue for two boxing events on December 13 – and Repton want a share of the glory.

The main event sees amateur boxing chiefs launch their Contender Series, when six English titles will be contested.

These matches will be supported by the first novices championship for boxers who have less than five fights under their belts.

The competitions will allow fighters to gain experience in the ring, and registration is open to all eligible boxers aged 18 plus, male and female.

Repton have seven boxers entered including two of their rising women stars – Nikkoletta Paksi and Jay Dujon. They will be supported by five of the club's rising youngsters.

Limehouse Boxing Club have two entries – George Leushing and Steven Adentan.

■ REPTON had two boxers in action on the Roehampton show on November 27. But it was a disappointing night for Abdul Toure and Richie Mansende, who both lost on points.

Mitchell faces world challenge

EAST Londoner Kevin Mitchell has another shot at the world title lined up within three months.

First, though, he must beat Ismael Barroso for the WBA Interim lightweight title at The O2 on December 12.

The winner will face Anthony Crolla of St Helens for the world crown.

Barroso has had 18 wins with 17 inside the distance.

Marston in title unification shot

MARIANNE Marston was preparing to unify the world bantamweight title at Bethnal Green's York Hall as East End Life went to press.

Marston, who lives in Bow and trains at the TKO gym in Hackney, fights South Africa's Unathi Myekeni.



More inside

For stories on football, hockey, boxing, basketball and more...

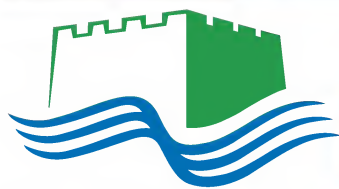
SEE PAGES 30 & 31



Da Costa has his day

Chris, black-belt 1st dan and 2012 British Champion, shone at the British Karate Kyokushinkai National Point-scoring Championship, winning two events and representing England.

SEE BELOW



TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Brothers celebrate 1-2-3

BY PETER FAULKNER

THE three da Costa brothers from Docklands Karate Club have etched their names into a national tournament's history books.

Chris, 23, Jordan, 19, and 16-year-old Max took the first three places in the men's category at the British Karate Kyokushinkai National Point-scoring Championship – the first time in the competition's 40-year history three siblings have finished in the top three.

It is also the first time the club, based on the Isle of Dogs, have been able to celebrate a 1-2-3 in any event.

Chris, black-belt 1st dan and 2012 British Champion, was the star of the day, winning the men's individual, team event and best technical male fighter.

He also helped England to beat Wales in the team event.

Alex Nauth-Misir, 22-year-old brown-belt and graphic designer from the Isle of Dogs, also excelled. She won the women's high-grade individual division as well as being successful in



Alex Nauth-Misir in action

the England versus Wales team match.

And to complete a memorable outing for the club, two young sisters showed their potential.

Eleven-year-old Nuha Wan-Armizi, from the Isle of Dogs, fought and won against her younger sister, Aun. Then the two joined forces to earn third place in the team event, while the junior girls team also took third place.

The club, formed in 1987, hold classes at Barkantine Hall, Westferry Road, Isle of Dogs, on Mondays and Wednesdays.

To find out more, call 01708 743789 or visit www.docklandsdojo.co.uk

Other results

■ Men's high-grade: 1st – Chris da Costa

■ Women's high-grade: 1st – Alexandra Nauth-Misir, 2nd Inna Velixar

■ Women's low-grade: 2nd – Neil Tsoneva, 3rd Nicole Hussey

■ Men's team event: 1st – Reshat Kemal, Chris da Costa, Danny Petrov, Tom Kaminski & Andrei Bota

■ Women's team event: 1st – Alex Nauth-Misir, Neli Tsoneva & Nicole Hussey

■ Girls' low-grade: 1st – Nuha Wan-Armizi, 2nd Auni Wan-Armizi

■ Peewee team (10-years and under): 3rd – Benas Brinius, Coco Cardona & Auni Wan-Armizi

■ Junior girls' team: 3rd – Erin Cashman, Natasha Fasanotti & Nuha Wan-Armizi



Chris da Costa won two individual titles and helped England to victory over Wales in the team event

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